

AUTHENTICITY AND SELF- DISCLOSURE



IN THE
THERAPEUTIC
ALLIANCE

Fall 2025
SOWK 530
Week 03

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PLAN FOR WEEK 03'S LECTURE VIDEO

AGENDA

- Assignments for week 03
- Authenticity in the therapeutic alliance
- Self-disclosure and an example

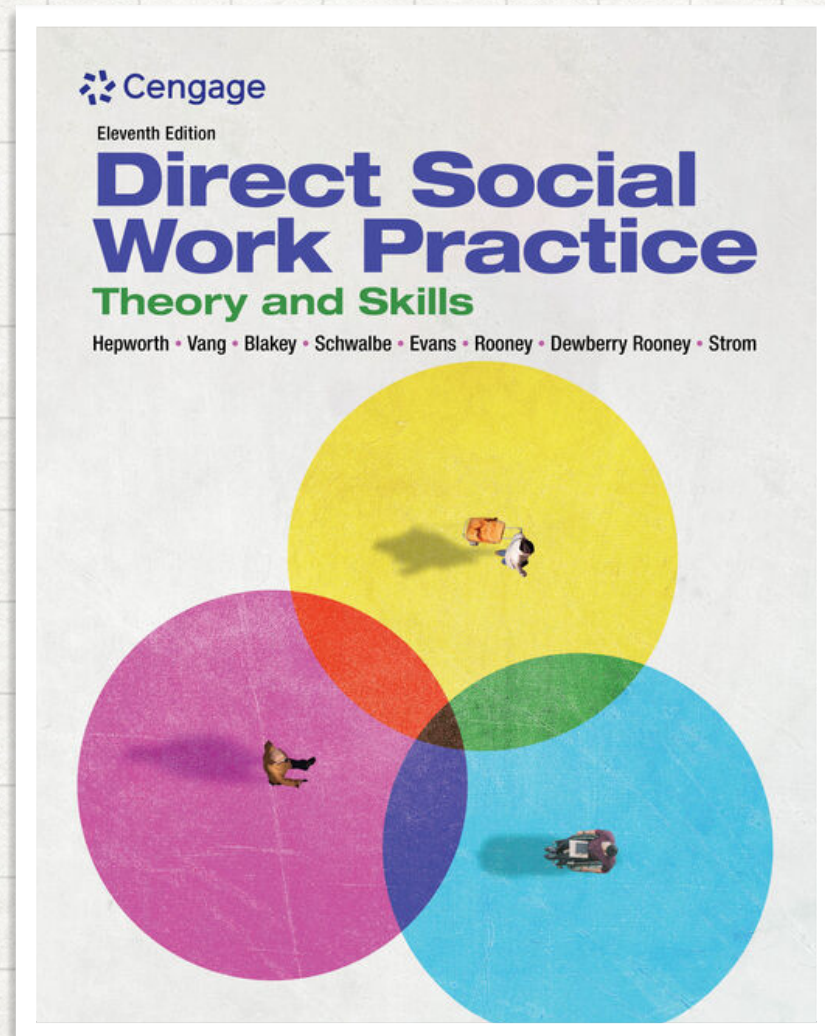
LEARNING OBJECTIVE

- Define and differentiate authenticity, self-involving statements, and personal self-disclosure within clinical practice.
- Evaluate the appropriate use of self-disclosure in social work, considering timing, purpose, and professional boundaries.

ASSIGNMENTS FOR WEEK 03

ALL WHAT NEEDS TO BE DONE FOR SOWK 530

Read Hepworth et al. (2023)



Watch the Royal Society of Arts (2013)



Brené Brown on Empathy

Chapter Quiz

- Chapter 5 *Building Blocks of Communication: Conveying Empathy and Authenticity*
- Chapter 6 *Verbal Following, Exploring, and Focusing Skills*

Make Six Replies Across Any of the Forums

- Personal Experiment Observing Your Conversations
- Challenges and Considerations with Empathic Responding
- Anti-oppressive Practices in Practicum Setting
- "Westernized" Assumptions of Direct Practice Skills
- Chapters Five and Six Content Discussion

AUTHENTICITY

THE SHARING OF SELF
BY RELATING IN A
NATURAL, SINCERE,
SPONTANEOUS, OPEN,
AND GENUINE
MANNER.



TYPES OF SELF-DISCLOSURE

ENCOURAGING TO RECIPROCATE WITH TRUST & OPENNESS



SELF-INVOLVING STATEMENTS

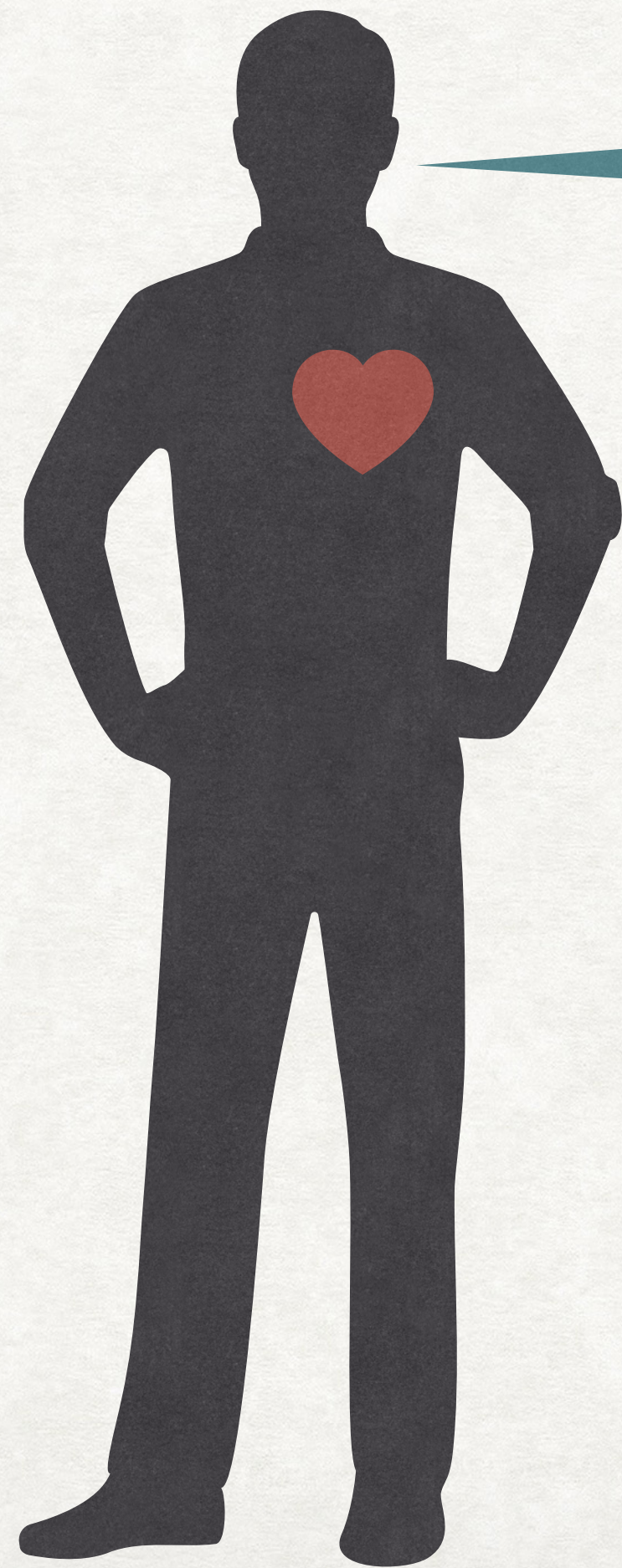
Any messages that express the social workers' personal reaction to the clients.

PERSONAL SELF-DISCLOSURE MESSAGES

Disclosing struggles or problems the social worker is currently experiencing or has experiences that are similar to the client's problems.

TYPES OF SELF-DISCLOSURE

ENCOURAGING TO RECIPROCATE WITH TRUST & OPENNESS



PERSONAL SELF-DISCLOSURE
MESSAGES

Considerations to have

- Done for the client, **purposefully**
- Enough details to provide connection and understanding, but **limited**
- Focus on other forms to demonstrate authenticity, use **sparingly**

CUES FOR AUTHENTIC RESPONDING

CLIENTS REQUEST FOR SELF-DISCLOSURE

- Request for personal information
- Request for social worker's opinions, views, and feelings

SOCIAL WORKERS DECISION TO SHARE PERCEPTIONS AND REACTIONS THEY BELIEVE WILL BE HELPFUL

- Social workers' opinions, views, and feelings
- Disclosing personal past experiences
- Providing Feedback
- Experiencing discomfort in session
- Sharing feelings of frustration, anger, and hurt
- Responding to positive feedback
- Giving positive feedback
- Saying no and setting limits

A PARADIGM FOR SELF-INVOLVING STATEMENTS

ASSERTIVE COMMUNICATION

- Personalize messages with the pronoun "I."
- Share feelings that lie at varying depths.
- Describe the situation or targeted behavior in neutral or descriptive terms.
- Identify the specific impact of the problem situation or behavior of others.



ADDRESSING
PROBLEMS AND
FOLLOWING FORMAT
FOR SELF-INVOLVING
SELF-DISCUSLOURE