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### **Therapist Self-Disclosure in Group Acceptance and Commitment Therapy for Psychosis Recovery**

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#### **Learning Goal:**

To demonstrate how therapist self-disclosure can be used to teach ACT concepts, build therapeutic rapport and normalise human suffering in group ACT for clients experiencing psychosis.

#### **Abstract Text:**

Acceptance and commitment therapy (ACT) has a growing evidence base in promoting recovery for individuals experiencing psychosis. Recovery in ACT is focused on reducing engagement with distressing experiences so individuals can connect with and act on their values. Within an innovative group protocol 'ACT for Psychosis Recovery' (Donoghue, Morris, Oliver & Johns, 2018), which has recently been rolled out in our public mental health service, therapist self-disclosure has been used to promote learning of ACT concepts, build therapeutic rapport and normalise human suffering. In this presentation, the judicious use of therapist self-disclosure will be presented as one way to help bridge the gap between therapists and clients who are experiencing psychosis. Concrete examples of the use of therapist self-disclosure in group ACT for Psychosis Recovery will be highlighted through the ACT 'passengers on a bus' metaphor. Furthermore, this metaphor will be used to demonstrate how therapist self-disclosure can be used to promote learning of how all human beings, with or without lived experience of psychosis, can act on their values in spite of distressing private experiences (such as thoughts, feelings, memories or hearing voices) that will invariably show up in our lives. Lastly, the potential challenges and opportunities associated with using self-disclosure in therapy will be discussed. Given the dearth of clinical literature available on the use of therapist self-disclosure and therapeutic outcomes this is an area of clinical practice that requires more research.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**