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Type of Presentation: Workshop

OASV: Openness About Strength and Vulnerability

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Learning Goal:

The theoretical background of self-disclosure and professional distance and closeness are being discussed. That way, the participants of the workshop can make a substantiated choice whether and how they want to deploy their life experience as a contribution to the recovery of their clients.

Abstract Text:

Apart from scientific knowledge and practical experience, the professional within the GGZ and the social domain has a third source of expertise that can contribute to the recovery of our clients: personal life experience.

This is a source that we do not yet use sufficiently. The idea that personal experience should be kept outside the professional role is disappearing. We are entering a new age where the dialogue between client and practitioner is between two experts, who want to learn together. Knowledge derived from personal experience has added value for all professionals and fits within the view on recovery. It is the gold we all carry with us, yet use insufficiently.

Monique de Koning (municipality health advisor) and Clara Koek (psychotherapist GGZ) share their own stories of recovery and their practical experiences by deploying self-disclosure in their work. Their stories of recovery include the experiences of alienation and self-stigma and also the healing role of openness about vulnerability and strength. The theoretical background of self-disclosure and professional distance and closeness are being discussed. That way, the participants of the workshop can make a substantiated choice whether and how they want to deploy their life experience as a contribution to the recovery of their clients.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**