

# HUMAN FIRST, THERAPIST SECOND Authenticity as an OCD Therapist

Katie Boyer, LMSW Jon Hershfield, MFT Tejal Jakatdar, PhD Amy Mariaskin, PhD





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# **Katie Boyer**

**Zodiac Sign:** Sagittarius **Intro Song:** "Redesigning Women" The High Women

**Superpower:** Finding a little

glitter/sparkle in every situation

**Sport of choice:** Is attending

music festivals a sport?

**Dream Not-Therapist Job:** 

Touring musician

Fun Fact: I lived in Alaska









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#### **Jon Hershfield**

Zodiac Sign: Capricorn

Intro Song: "Free Will" by

Electronic

**Superpower:** I can get the sun to point directly at my eyeballs no

matter where I sit outside

Sport of choice: I will attend a

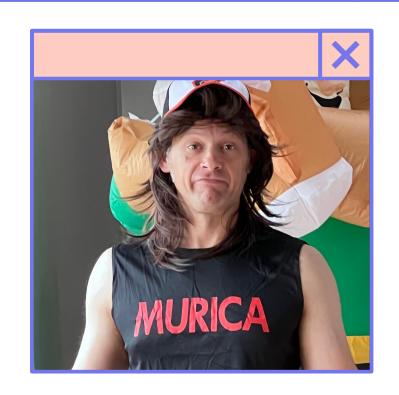
baseball game

Dream Not-Therapist Job: stay-

at-home dad, weather critic

Fun Fact: I used to be an actor

but now I'm an imposter









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## **Tejal Jakatdar**

Zodiac Sign: Scorpio

Intro Song: "Feeling good" Nina

Simone

**Superpower:** Meeting deadlines despite massive procrastination

**Sport of choice:** Football (Eagles all

the way, baby!)

**Dream Not-Therapist Job:** Personal

shopper

Fun Fact: I love the rain, especially,

thunderstorms







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# **Amy Mariaskin**

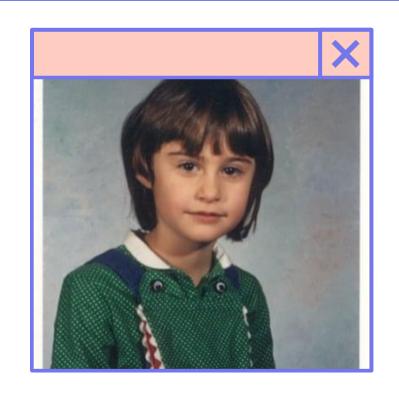
Zodiac Sign: Scorpio

**Intro Song:** "Rebel Girl" Bikini Kill **Superpower:** Determining which dog breed goes along with your

personality **Sport of choice:** Swimming **Dream Not-Therapist Job:** 

linguist

**Fun Fact:** Former roller derby skater, referee, and announcer





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## **WHY AUTHENTICITY?**



Underemphasized in training especially in CBT programs

Developmentally appropriate for newer therapists once skills are attained

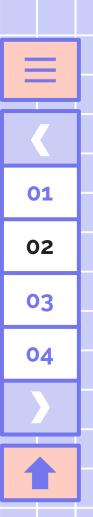
*Therapeutic Self Disclosure:* verbal disclosures about life outside of therapy *Immediacy:* discussion of therapeutic relationship in the here-and-now *Non Verbal Disclosures:* decor, objects, clothing, presentation

Outcomes of Authenticity

- More positive appraisals of the relationship by clients
- Improved mental health functioning
- Gains in insight
- Successful resolution of therapist-client conflict



Burks & Robins, 2012, Hill, Knox, & Pinto-Coelho, 2018; Levitt, Pomerville, & Surace, 2016



#### **DISCLOSURE**

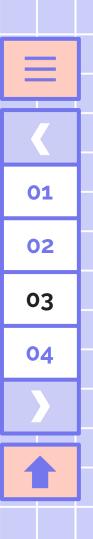


Before disclosing, you may consider:

Will it provide new information to the client?
Will it shift my relationship with them, perhaps making me more available?
Could it help create a positive and healthy sense of shared vulnerability?

- May be about personal experiences, aspects of identity, beliefs, mental health history, the relationship with the client
- May function to reduce shame, build rapport, signal safety, encourage client disclosure

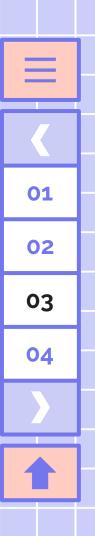
Metcalf, 2011



### **PERSONALITY STYLE**

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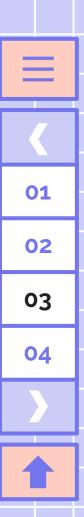
- Humor
- Warmth
- Irreverence
- Didacticism
- Therapist-as-expert vs client-as-expert
- Creativity
- Coaching
- Cheerleading



#### STRUCTURE/FLEXIBILITY

X

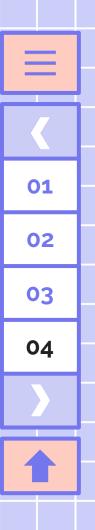
- Protocols/manuals
- Timelines
- Worksheets
- Formal assessment
- Adherence to one modality vs. flexibility
- In office, out of office, home visits, telehealth, etc
- Integration of supportive therapy



#### **IDENTITY**

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- Cultural background, sexual orientation and gender, race, ethnicity, SES, religion, disability, upbringing, etc
- Language used in session (literally or with code switching)
- Invisible/visible identities

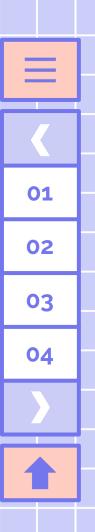


## **RISKS**



Negative outcomes associated with disclosure:

- Violation of client boundaries
- Violation of therapist boundaries (e.g., answering questions instead of saying no)
- Client criticism of therapist
- Shifting focus away from client's goals
- Bad jokes





# **THANKS!**

Any questions?

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