Abstract
Self-disclosure as interventions has not been a well developed topic in the psychological literature. Authors present contradictory theoretical positions and research, in general, has not taken into account variables mentioned by authors as relevant and, its results are far from being conclusive. Pros and cons of self-disclosure are presented and it is concluded that this intervention is not recommendable but for very specific situations.

Keywords
Self-disclosure, therapist, Theorrtic postures.