

## **Abstract**

Our primary forms our lifscript, which will influence our thoughts, beliefs, behaviours and relationships. This is a grounded theory Investigation into how integrative psychotherapists facilitate lifscript change. The aim of the study was to produce a framework that effectively maps the therapeutic interventions that bring about this change. Integrative Psychotherapists were interviewed, data gathered was subjected to grounded theory data analysis. The framework produced documents five key therapeutic phases: Definition, Assessment, Therapeutic Tasks, Script Change and Evaluation. It is necessary for Integrative Psychotherapists to understand a client's lifscript in order to avoid therapeutic errors that may reinforce and entrench the archaic lifscript.