

Abstract

The aim of this dissertation is to provide an understanding of how relational experience during the developmental years influences our thought processes, behaviours and capacity to form healthy relationships in adulthood, and to demonstrate how relationship and integration of therapy can provide a reparative experience that heals. As human beings we are tremendously resilient and have the capacity to adapt to our surroundings. We are subjected to experience from the moment of conception and unfortunately for many, including myself, these experiences can be traumatising.

I chose a subject that is close to my heart with the intention of providing evidence that, it is never too late to change your destiny.