

## *Abstract*

This dissertation investigates how Life Scripts, an unconscious process created in childhood, reinforced by our caregivers, and strengthened with evidence sought throughout life, ensuring our beliefs are justified (Berne, 1972), impact a humanistic integrative therapeutic relationship co-creatively between a therapist and client (Erskine, 2015).

This dissertation includes my rationale for practice, describing my philosophical and theoretical integrative approach. I offer a literature review that explores, analyses and critiques the theory of life scripts and other related unconscious patterns, the fluidity/fixedness of Life Scripts, and how a therapeutic relationship can facilitate change and growth to a fixed script. In the review, I also offer a cultural consideration of life scripts and how this could further impact a relationship, noticing gaps in the research concerning the cultural implications of one's life script. Finally, but certainly not least, I present a client case study, demonstrating how theory informs my practice and how acknowledging life scripts in the therapy room helps facilitate change and growth (Whitton, 2003).