

A 45 year tradition of helping people develop themselves



Progoff Intensive Journal[®]

Method of Self-Development

"The *Intensive Journal*[®] process is our inner workshop, the place where we do the creative shaping of the artwork of our life."

Ira Progoff, Ph.D.

Program Overview

Created by Dr. Ira Progoff, a depth psychologist, the *Intensive Journal*[®] program is an integrated system using writing exercises to help you develop your life.

Learn how to work with your experiences and emotions to awareness and insights to give your life greater direction, clarity and purpose.

Intensive Journal[®] exercises help you overcome preconceived ways of thinking to achieve breakthroughs that were previously not possible.

At our workshops, certified leaders guide you step-by-step through the exercises with the protections of total privacy. Our program has a 45 year history of helping over 175,000 people.

Award-Winning Book

by Dr. Ira Progoff



Describes the *Intensive Journal*[®] exercises and principles.

\$18.95 (plus shipping)

Selected as one of the 65 most significant books on psychology & spirituality of the 20th century.

Source: **Common Boundary**, "Simply the Best," Jan.-Feb., 1999.

Try an *Intensive Journal*[®] exercise - see back page

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Implementing the *Progoff*TM Methodology Through the *Intensive Journal*[®] Method

The *Intensive Journal*[®] method, based upon Dr. Progoff's unique approaches for self-development, has a solid foundation in theory and approach. Here are some of the method's major features.

***Intensive Journal* Workbook: Mirroring the Growth Process**

The structure of sections and corresponding writing exercises in the *Intensive Journal*[®] workbook mirror the subjective process of perceptions and thoughts taking place inside yourself. Designed with minimal terminology, these procedures provide the means for moving directly into your inner process and drawing forth emotions and experiences to make them accessible and tangible for further development.

***Journal Feedback*TM Technique: An Active Dynamic Process**

Through the *Journal Feedback*TM process, you avoid self-conscious analysis and preconceived ways of thinking to overcome blockages and foster breakthroughs. Issues are viewed from different angles to realize connections and to create integrations of awareness. Structured as an active and evocative instrument, the *Intensive Journal*[®] workbook helps you generate energy and momentum to move forward through cumulative ongoing entries.

Inner Development: Evoking Your Potential

Focusing on inner development, where the most penetrating insights are generated, the *Intensive Journal*[®] method provides you with an integrated system for dealing with issues through a direct experience in your life. Certified leaders guide you step-by-step through the method in a contemplative atmosphere.

Non-judgmental and non-analytical approaches further the psyche-evoking process. You become immersed in your own growth, drawing forth your unique potential and unfolding life process.

Whole-Life Process: Greater Perspective and Safety

Progoff's "whole-life" approach provides important benefits of perspective and safety. Greater awareness about a wide range of life experiences creates a foundation for making decisions. Issues can be viewed in a larger context and become more manageable. Using *Progoff*TM techniques allows for issues to develop, protecting you from premature judgments.

Dr. Progoff's Philosophy

*"The method provides an indirect approach to solving our life problems ...we step back and move inward and meet them at a deeper level."*¹

*"The Intensive Journal method is designed...to serve as a flexible means of objectifying the organic process by which the growth of personality proceeds."*²

*"People become sensitive to the elusive threads of their inner lives when they have a definite way of working with them."*³

1 At a *Journal Workshop* (rev. ed. 1992), by Ira Progoff, Penguin Putnam, p.8

2 *Depth Psychology and Modern Man*, by Ira Progoff, McGraw-Hill Paperback Edition, 1973, Author's Note.

3 At a *Journal Workshop* (rev. ed. 1992), by Ira Progoff, Penguin Putnam.

A Framework for Your Evolving Life

The *Intensive Journal* method provides you with a safe and effective framework from which to explore and develop your life.

Practical Ways to Develop Your Life

- Explore and connect with your unique life experiences to gain a greater sense of the continuity and direction of your life.
- Work through transitions more effectively. Placing issues within the context of your total life experiences helps you to realize your capacities for moving through to the next phase of your life.
- Deepen your awareness about personal relationships, health, career, and major events using Progoff's unique dialogue process.
- Learn how to revisit prior experiences in a non-threatening way. Your life history becomes a rich avenue from which new perspectives and choices can reveal themselves.
- Connect with your inner process to help you access and listen to hunches, intuitions and imagery that are important sources of wisdom.
- Utilize Progoff's unique non-analytical methods for working with dreams and imagery.

Utilize the Writing Process to Connect to Your Life

- The process of writing helps you access feelings and experiences to make them tangible for further development. You are not writing your life story. You do not have to like to write or write well; only you will read what you have written.

The Workshop Setting: A Profound Experience

- The *Progoff*TM methodology works best in a workshop setting where you are away from your daily routines over an extended period of time. You can relax and focus inwardly as our leader guides you step-by-step through the exercises.
- The built-in protections of privacy in the workshop help you feel safe to be honest with yourself, building trust in your own inner wisdom and capacities. No one comments on your life.

Statements From Participants

"The workshops help me to integrate so many aspects of my life; I gain insights about relationships and develop sources of meaning."

**Jim Browne
Ronkonkoma, New York**

"...an amazing experience. The Program changed my life, giving me greater confidence in my own abilities as a person and as a parent."

**Judith Connell
Racine, Wisconsin**

"The Intensive Journal process and its procedure for personal work provide an instrument and a method by which we can each develop interior capacities strong enough to be relied upon in meeting the trials of our life."¹

Ira Progoff, Ph.D.

1 *At a Journal Workshop* (rev. ed. 1992), by Ira Progoff, Penguin Putnam, 18.

Try a Sample *Intensive Journal*® Exercise

Now you can begin to experience how the *Intensive Journal* method works through a sample exercise. It is important to do the exercise in a setting of complete silence, with a pen and paper (not a computer), when you can relax and take your mind off your daily life. Record what comes to you; do not edit or censor. Write the date at the top of the page and the name of the exercise, "Period Log." You should allow about 45 minutes to complete the exercise.

1. Describe the "Now" period of your life; an open ended period that has a beginning but no ending. Examples include: three years since you moved to a new city or started a new job.
2. Record your thoughts, feelings, memories - whatever presents itself to you. Complete the phrase: "It is a time when...."; record images that describe the period.
3. Describe more details about this period: people, projects or activities; your health; attitudes about society; important events; dreams or imagery; people who inspired you; and choices or decisions you made.
4. Read back what you have written and record any thoughts and feelings that you have during this process of writing and reading back.

Through the *Period Log* exercise, you are beginning the process of reconnecting with the many different aspects of your life from which new perspectives and opportunities can reveal themselves.

Articles

Learn more about the *Intensive Journal* method through articles on the program as well as interviews with Dr. Progoff. Call **800-221-5844** or access our website: www.intensivejournal.org

Books and Audio Materials

Dr. Progoff's books and audio catalogue describes how you can learn more about the *Intensive Journal* method and his approach to self-development.

Continuing Education

Dialogue House is an approved provider of continuing education for chaplains, counselors and social workers by:

- Association of Social Work Boards (#1036)
- Nat. Assoc. of Alcoholism & Drug Abuse Couns. (#456)
- National Board for Certified Counselors (#5540)
- California Board of Behavioral Sciences (PCE-4188)
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-14644 Exp. 3/31/13)
- California Board of Registered Nursing (CEP 15073)

Dr. Ira Progoff: *Founder*

Dr. Ira Progoff, a nationally recognized psychotherapist, was a leading authority on designing systematic approaches and techniques to foster human development.

As an university-based research professor and psychotherapist, Dr. Progoff developed his unique approach to psychological growth that he called holistic depth psychology. He then implemented these theories by creating the *Intensive Journal* method in 1966.

Dr. Progoff continued to refine the method while serving as director of Dialogue House. Dr. Progoff is the author of fourteen books pertaining to the *Intensive Journal* method, depth psychology, Carl Jung and related subjects.