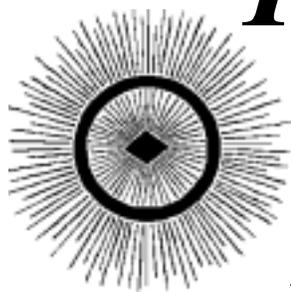


"...there is simply no other resource quite like it...one of the most useful experiences..."

Ruth Czirr, PhD



Techniques & Approaches for Therapists

Intensive Journal® Workshops & Seminars

Continuing Education Credits

- Counseling
- Employee Assistance
- MFCC
- Nursing
- Social Work

Details on back.

*An integrated system for ongoing psychological growth
using Dr. Ira Progoff's
principles of holistic depth psychology*

Program Overview

Dr. Ira Progoff's *Intensive Journal* method has helped over 175,000 people of different backgrounds to develop more meaningful lives.

The method's carefully designed writing exercises are based upon Dr. Progoff's theories and approaches for psychological growth.

Dr. Progoff states the purpose of the method:

"The Intensive Journal method is not journal keeping, not introspective diary keeping, and it isn't writing therapy... it is the full scale active method of personal life integration for continuous and cumulative work."

**Call
800-221-5844
for details**

Enhance the Therapy Process and Deal with Managed Care

Both therapists and clients can benefit from attending *Intensive Journal* workshops.

Therapists: Potential Increased Effectiveness

- Learn fresh processes for human growth to develop and integrate life experiences
- Broaden perspectives and intuitive abilities

Clients: Greater Participation Possible

- Uncover and develop issues and experiences
- Integrate selected exercises into sessions

Therapy Sessions: Help Lower Cost and Duration

- Sessions can be more productive
- Clients can work through issues faster

Post-Therapy: A Life-Long Tool for Self-Growth

Experience the *Intensive Journal* method in your life at a workshop.

Dialogue House Associates, Inc., 23400 Mercantile Road -Suite 2, Beachwood, OH 44122-5948

216-342-5170 Fax: 216-342-5168 E-Mail: info@intensivejournal.org website: www.intensivejournal.org

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Key Principles of the *Progoff*TM Approach

As a psychotherapist and university-based research professor, Dr. Progoff formulated his theories of psychological growth that he termed "holistic depth psychology" by which persons are able to:¹

Develop Resources within Individuals for Growth

- Progoff focused on understanding the processes by which growth takes place and devised procedures to facilitate that growth.

Reconnect with Inner Strengths and Capacities

- Holistic depth psychology supports the integrative unfolding principle taking place within a person.
- Focus is on what each life is trying to become, its unique seed potential or inherent nature.
- Therapy and healing are by-products of the growth process.

Employ the "Whole Life" Approach

- Working through issues within the context of an entire life provides important benefits of perspective and safety.
- Greater awareness about a wide range of experiences creates a foundation for more sound decision-making.
- Viewed in a wider context, issues become more manageable.

Utilize an Evocative / Non-Analytical Methodology

- The inner integrative process comes forth from an individual's inner self rather than from an externally imposed method.

Focus on Inner Development

- The most direct and penetrating insights come from the depths of the psyche and not from intellectualization at the surface.
- The crucial question is neither what, nor how, but where the work takes place. "Where" means at what depth in the psyche the personality is focused.

Integrate Symbolic Material, the Source of Potential

- Human personality unfolds by way of images. Participating in the movement of deeper-than-conscious material can provide a rich resource from which ideas and actions unfold.

Offer a Means for Direct Inner Experience

- Individuals require ways of experience to discover meaning for themselves.

"A major part of the meaning of life is contained in the very process of discovering it...
The meaning of life cannot be told; it has to *happen* to a person..."²

Ira Progoff, PhD: *Founder*

Ira Progoff, PhD, a nationally recognized psychotherapist, was a leading authority on designing systematic approaches and techniques to foster psychological growth.

Dr. Progoff developed his innovative philosophy of human development as a professor, practicing psychotherapist and author. He then created the *Intensive Journal* method to provide people with a practical means to develop their lives.

He is the author of fourteen books on depth psychology, the *Intensive Journal* method, and related subjects. Dr. Progoff is the creator of holistic depth psychology.

1 The books of Ira Progoff, Ph.D. that discuss the principles of holistic depth psychology are: *Death and Rebirth of Psychology*, *Depth Psychology and Modern Man*, *The Symbolic and the Real*, and *The Dynamics of Hope*.

2 *The Symbolic and the Real*, by Ira Progoff, Ph.D., McGraw-Hill Paperback Edition, pp. 13-14.

Intensive Journal Workshops

Experiencing Techniques and Approaches for the Therapy Process

Learn Dr. Progoff's process for individual growth through direct application and experience in your life. The workshops are an effective and practical way to understand the benefits of the *Intensive Journal* method and obtain an experiential grounding in holistic depth psychology.

3 Core Workshops

Part I: Life Context (LC): Foundations of the *Intensive Journal* Method. Prerequisite: None. Length: 10-12 hours

- Learn **basic rules** for using the *Intensive Journal* method and **principles of holistic depth psychology** that underlie the method.
- Use **Life Positioning** exercises to gain a perspective on life.
- Integrate **diary techniques** into the ongoing life process.
- Apply **Entrance MeditationSM** techniques to access inner processes.
- Utilize Progoff's **model of inner dialogue** to deepen understanding of major areas of life.

"...the process has tremendous potential to facilitate psychotherapy."

Rob Woodman, PhD

Part II: Depth Contact (DC): Symbolic Images and Meaning. Prereq. LC workshop. 10-12 hours

- Learn additional applications of Progoff's model of **inner dialogue**.
- Apply non-analytical methods for using **symbolic material**.
- Use depth techniques for connecting with **inner process**.
- Recall and develop significant **experiences of meaning**.
- Reappraise a **meaningful event** that can provide important lessons.
- Learn advanced **meditation techniques**.
- Define and organize **issues** to synthesize **beliefs and priorities**.

"Prior to this workshop, I often assigned 'journaling' to clients with minimal results. Now I am able to be much more specific...clients gain more and are empowered."

Dawn Harris, EdD

Part III: Life Integration/*Journal Feedback*TM Process: Integrating the Life Process. Prereq: LC & DC workshops. 10-12 hours

- Explain and define the principles for using the ***Journal Feedback* process**.
- Use the **daily log** function as a tool to stimulate the *Journal Feedback* process.
- Apply the *Journal Feedback* process to the ***Life/Time Dimension***.
- Apply the *Journal Feedback* process to the ***Dialogue Dimension***.
- **Use dreams and imagery** as leads to other sections using the *Journal Feedback* process.
- Apply the *Journal Feedback* process to the ***Meaning Dimension***.

"The Intensive Journal method...can be used repeatedly, effectively in short-term therapy and can make the course of therapy briefer."

S Karla Aadland, PhD

Overview



Introduction to the *Intensive Journal* Method (2-7 hours)

- Experience selected exercises and unique workshop atmosphere.
- Obtain an overview of theory and principles.

Once you have experienced the potential of the *Intensive Journal* method, expand your knowledge by attending our more in-depth workshops.

Invite us to present at your professional association.

Continuing Education Credits

Dialogue House Associates is an approved provider of continuing education by:

Counseling

- Nat. Bd. for Certified Counselors (#5540)
- Nat. Assoc. of Alcoholism and Drug Abuse Counselors (#456)

Employee Assistance

- Employee Assistance Certification Comm.

Marriage, Family and Child Counseling

- California and Florida (see below)

Nursing

- California Board of Registered (CEP 15073)

Social Work

- California Board of Behavioral Sciences (4188)
- Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (50-14644 - Exp. 3/13)

Continuing Education Credits (contact hours)

Length	Therapists*	Nurses California only
8	7.4	8.8
10	9.1	11.0
12	11.0	13.2

* Therapists include counselors, employee assistance professionals, marriage and family, counselors, and social workers.

Programs Eligible for Credit

All *Intensive Journal* workshops are eligible for credit with the exception of the following by accrediting organization: NBCC- Dialogue House must have classified the instructor as having a "background in counseling."

Certified Program Leaders

Certified program leaders under the auspices of Dialogue House Associates conduct *Intensive Journal* workshops and seminars. They have completed the training program (Advanced Studies Program) and use guidelines of Dialogue House.

Attendance at seminars and workshops does **not** constitute completion of the training program to become certified and authorized to teach the program and to lead *Intensive Journal* workshops.

Books and Audio by Dr. Progoff

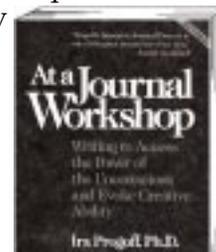
Purchase Dr. Progoff's books and audio on:

- the *Intensive Journal* method
- *Entrance Meditation*™ techniques
- holistic depth psychology
- the work of C.G. Jung

Award-Winning

Book by Dr. Progoff

Describes the *Intensive Journal* exercises and principles.



Refund Policy

In the event that the workshop is cancelled, participants are entitled to a full refund. If a participant cancels, a minor nonrefundable deposit is forfeited which may vary by hosting organization. The amount of notice required to receive a refund also varies by hosting organization.

Course Agenda

Contact Dialogue House at 800-221-5844 for a copy of the course outline or agenda.

Dealing with Stressful Emotions

Stressful emotions that arise in the workshop are dealt with by the safe, respectful process of the *Intensive Journal* method and non-judgmental trained facilitator.

ADA Policy

Where possible, workshops are held at locations that comply with the American Disabilities Act. Call 800-221-5844 for information.

Completion Requirements

To qualify for continuing education credits, participants must attend the entire program, and immediately following the program, satisfactorily complete the application, evaluation and test questions. The instructor will then send the paperwork to Dialogue House for review; certificates are then sent within four weeks of receipt.

Program Quality Issues

Any questions about the quality of the program should be addressed to Jon Progoff at 800-221-5844 or email info@intensivejournal.org.

Target Audience

The *Intensive Journal* method is suitable for counselors, employee assistance professionals, marriage, family and child counselors and social workers. No particular speciality or experience is required.

Details on Continuing Education Approvals

Dialogue House is NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. Dialogue House is solely responsible for all aspects of the program.

Dialogue House Associates is approved to offer continuing education for MFCCs and LCSWs by the **California Board of Behavioral Sciences** (PCE-4188) and the **Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling** (50-14644 - Exp. 3/13).