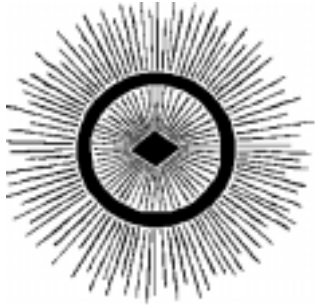


"...to help you operate at your highest level" - **Bottom Line***

Progoff *Intensive Journal*[®]

Program for Employee Wellness



- Perspectives
- Creativity
- Balanced Lifestyle
- Stress Management
- Issue Resolution
- Teamwork

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

Ira Progoff, Ph.D.

Program Overview

Created by psychologist Ira Progoff, the *Intensive Journal*[®] program is an integrated system using writing exercises to give your life greater direction, clarity and purpose.

At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy. Our program has a 35-year history of helping over 175,000 people.

The *Intensive Journal*[®] method provides new ways for dealing with the challenges and pressures of personal life and work environment. Our method can help you:

- Reduce stress
- Obtain a more balanced lifestyle
- Learn a life-long tool for developing your life
- Stimulate employee productivity
- Complement other wellness programs

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.

**Continuing education credits
available from the
Employee Assistance
Certification Commission.**

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* Bottom Line, Personal Advantage Column, "Simple System to Help You Operate at Your Highest Level," August 1990, p. 11-12.

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. Some of the method's major features are:

***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 oneself. 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, participants 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 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 an integrated system for dealing with issues through direct experience. 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. 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.

Practical Ways for Employee Enrichment

The *Intensive Journal* method can help employees develop many different facets of their personal and professional lives. Use the method to work through issues and gain perspectives, contributing to long term wellness. You will:

Reduce Stress

- Learn a tool to work through issues; resolving issues is an effective way to reduce stress.
- Use relaxation and meditative techniques to connect with inner processes.

Use an Integrated Holistic Approach

- View specific issues within the context of your entire life; see connections between areas using the *Journal Feedback*[™] technique.
- Learn a method for working through challenges as they arise; gain greater control and direction.
- Deal with competing pressures of family and professional life to create a more balanced life style.

Stimulate Your Productivity

- Stimulate creative and intuitive capacities -- a rich source of knowledge for developing new insights.
- Work through personal issues to allow for greater focus and concentration; reduce absenteeism.
- Enhance communication and interpersonal skills; become more expressive.
- Deepen understanding of key people such as friends, family members and co-workers.

Develop Your Career Path

- Gain perspectives influencing the direction and continuity of one's career while developing new goals and opportunities.
- Identify skills and interests for becoming more productive.
- Connect with underlying career interests to prevent burnout.

The *Intensive Journal* method is an excellent complement to other wellness programs. Use our method to deal with underlying issues relating to other wellness programs such as stress or weight reduction, family or marriage planning, pain management, or addictions.

"These workshops have helped countless people 'de-stress'... I brought the program to our corporation to supplement stress management offerings ...The feedback was terrific..."

Vivian V. Eyre

Partners for Women's Growth

"These workshops have been highly successful and particularly useful in enriching the perspective that our counselors have in the complexity of their own lives and that of their clients."

Dr. Paul Poplawski

Former Director of Training
Delaware Health & Social
Services, Div. of Alcoholism,
Drug Abuse & Mental Health

"Progoff's Intensive Journal method helps persons identify the meaning and direction in their life and thereby pursue a compatible career with success and fulfillment."

Ronald Miller

Vice-President, Paul/Brown
Search Recruiting &
Personnel Advisory Services

"The Intensive Journal process ...provide[s] 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."

Ira Progoff, Ph.D.

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 pen and paper (not 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: personal relationships; projects or activities; body and 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 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 Cassettes

Dr. Progoff's books and audio cassettes 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 Professional Chaplains
- Association of Social Work Boards (#1036)
- Employee Assistance Certification Commission
- Nat. Assoc. of Alcoholism & Drug Abuse Couns. (#456)
- National Association of Catholic Chaplains
- National Board for Certified Counselors (#5540)
- California Board of Behavioral Sciences (PCE-2851)
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-520 Exp. 3/07)

Dr. Ira Progoff: *Founder*

Dr. Ira Progoff, a nationally recognized psychologist, 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.