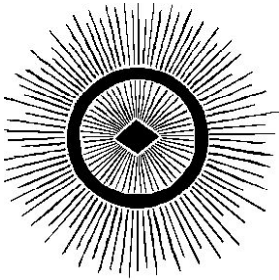


# *Fostering Harmony Between Ethnic/Racial/Religious Groups*

*using*

## *the Intensive Journal<sup>®</sup> Program*



- Reconciliation
- Communication
- Breakthroughs
- Rapport
- Awareness
- Forgiveness
- Healing
- Inclusion

*"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." <sup>1</sup>*

**Ira Progoff, PhD**

### **Practical System for Increasing Harmony Between Groups**

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal* program is an integrated system using writing exercises to give your groups' lives greater direction, clarity and purpose. Our process is based upon Dr. Progoff's pioneering work in developing his theories of human development.

At our experiential workshops, certified leaders guide participants step-by-step through the exercises with the protection of total privacy.

Members will learn a unique way to explore the many facets of their lives: personal relationships, body and health, career/interests, dreams and imagery, and meaning in life. From this foundation, members can develop a richer, more integrated life.

The *Progoff*<sup>™</sup> methodology provides practical techniques to:

- Work through issues in a supportive and safe environment, relating to feelings about other ethnic/racial/religious groups in the community;
- By-pass preconceived ways of thinking to achieve dramatic breakthroughs;
- Provide opportunities for bonding between members of groups that hold intense hostile feelings toward each other;
- Benefit from major economies of scale and savings created by members doing in-depth work in a group setting under the auspices of our certified instructor.

The *Intensive Journal* method offers many unique features for dramatically helping your group.

**Learn More: Visit our website [www.intensivejournal.org](http://www.intensivejournal.org) Call 800-221-5844**

**Dialogue House Associates, Headquarters for the *Intensive Journal* Program**

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216-342-5170 / FAX: 216-342-5168 E-Mail: [info@intensivejournal.org](mailto:info@intensivejournal.org) [www.intensivejournal.org](http://www.intensivejournal.org)

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# Implementing the *Progoff* 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 unique 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 members to move directly into their inner process to draw forth emotions and experiences to make them accessible and tangible for further development.

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

Through the *Journal Feedback* 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 participants step-by-step through the method in a contemplative atmosphere.

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

## **Whole-Life Proce:s: Greater Perspective and Safety**

Progoff's "whole-life" approach develops greater awareness about a wide range of life experiences, creating a foundation for making decisions and providing important benefits of perspective and safety.<sup>2</sup> 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* techniques allows issues to develop naturally, protecting your members 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."*<sup>3</sup>

*"The Intensive Journal method is designed...to serve as a flexible means of objectifying the organic process by which the growth of personality proceeds."*<sup>4</sup>

*"People become sensitive to the elusive threads of their inner lives when they have a definite way of working with them."*<sup>5</sup>

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

2 *The Dynamics of Hope*, by Ira Progoff, PhD, Dialogue House Library, 1985, pp. 247-54.

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

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

5 *At a Journal Workshop* (rev. ed. 1992), by Ira Progoff, PhD, Penguin Putnam, p 225.

# Practical Ways to Achieve Conflict Resolution

The *Intensive Journal* method provides specific techniques through our integrated system of writing exercises to help participants:

## Release intense feelings in the Journal

- Release intense feelings of anger and hatred in the *Intensive Journal* workbook, not in a violent way. One participant stated:  
" I killed him in my Journal with my ballpoint pen..." see footnote 7.

## Foster bonding between participants in a group setting

- Working privately at a deep inner level, participants connect at the underground stream, the source of collective wisdom.
- Realize the frailties and personal issues that others in the group from different ethnic / racial / religious groups face, resulting in a bonding and understanding of fellow participants.
- Change behavior and attitudes toward others after the workshop, resulting in greater harmony and meaningful coexistence. See statements by Harvey Shrum, EdD and Marcella Hardt, p. 4.

## State issues in the Journal to better articulate them to others

- Work through issues in the Journal; gain awareness and perspectives. Crystalize insights.
- Become more expressive and communicative; strengthen interpersonal skills.
- Convey feelings and concerns more effectively and tactfully to members of other ethnic/racial / religious groups.

## Obtain a powerful life-changing experience

- Become immersed in connecting with your unique life experiences to connect with strengths, capacities and interests. Work through issues within the context of one's entire life to realize safer and more optimal results.
- View from various perspectives issues/situations that may have created anger, distrust, and resentment. See issues from another person's perspective by walking in that person's shoes.

## Use a method with little terminology

- Designed with minimal terminology, our methodology has enabled people with different levels of education and interest in growth programs to benefit immensely.
- Utilize a system with strong protections of privacy in the workshop and minimal requirements for writing skills.

## Overcoming Hate and Violence

*"My experiences with the Intensive Journal method have made me a far better person....there was a time when I just purely hated white people, just hated them. A white guy did something to me once in a restaurant that hung with me for a long time. And I wanted to kill him so bad I didn't know what to do. But I didn't kill him till maybe a year and a half later. I killed him in my Journal with my ballpoint pen..."*

*After that experience I found out that by hating something or somebody, that I was only hurting myself. I wasn't hurting the people I was hating. This came out of the Journal - after I killed that guy with my pen..."*

*"I'm not too quick to hit anymore. Before, you could say anything and I'd go off like that and the first thing that would come to my mind is "hit 'em." Now, I take consideration. People are telling me about my attitudes changing. I found it myself..."<sup>7</sup>*

## Dr. Progoff Defines His Work in Psychology

*"The focus of my work has been to provide methods which will enable people to work continuously in their lives. It gives an inner perspective to guide them through transitions, evoking creative potentials and drawing forth new sparks of Spirit as they move toward becoming whole persons...I developed the Intensive Journal process in the mid-1960s to provide a structured way for people to work continuously to become whole persons."<sup>6</sup>*

## Endorsement Statements

"Everyone was lost in the adventure toward the self...Something had been opened in each of our lives. A once dead conscience was awakening."<sup>8</sup>

**Charles H Evans, II\***

"The men [inmates] are less aggressive, resulting in fewer disciplinary writeups. The *Intensive Journal* method helps them deal with the painful aspects of their lives, rather than diverting it through inappropriate behavior....I find that the men are more interested in mentoring other inmates."<sup>9</sup>

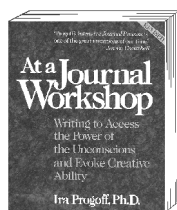
**Harvey Shrum, EdD\***  
**Pre-parole Director, Folsom State Prison, Folsom, California**

"It's amazing to see what they [inmates] start doing to help each other once they realize they're not an enemy to themselves, so others aren't enemies to them....He [an inmate] got men of different ethnic backgrounds to play music together, which they had never dared to do before.... To see them giving each other big hugs at the workshops, without any words needing to be said, is so touching."<sup>10</sup>

**Marcella Hardt\***

\* Full copy of the article is available at [www.intensivejournal.org](http://www.intensivejournal.org) under the Articles section. Newsletter is under the criminal justice section.

## Award-Winning Book by Ira Progoff, PhD



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

Describes the *Intensive Journal*<sup>®</sup> exercises and principles. **\$19.95** (plus shipping)

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

## Ira Progoff, PhD, Founder

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

As a 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. He is the author of fourteen books pertaining to the *Intensive Journal* method, depth psychology, Carl Jung and related subjects.

rev.11/19

## Continuing Education

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

- Nat Ass'n of Alcoholism & Drug Abuse Counselors (456)
- Association of Social Work Boards (1036)
- National Wellness Institute
- International Coach Federation
- California Board of Registered Nursing (CEP 15073)
- Florida Bd of Clinical Social Work, Marriage & Family Therapy & Mental Health Counseling (50-14644 exp 3/21)
- Illinois Dept of Financial & Prof Regulation (197.000213)
- State approvals recognized by the Ohio Board of Nursing.

Call for brochure with details or see continuing education section of our website.

## Visit Our Website - [www.intensivejournal.org](http://www.intensivejournal.org)

Obtain a schedule of public workshops, description of workshops, articles. [background on the creator \(Ira Progoff\)](#).

- 6 "The *Intensive Journal*<sup>®</sup> Process: A Path to Self-Discovery, An Interview with Ira Progoff, PhD," by Kathy Juline, Science of Mind Magazine, July 1992, p 40.
- 7 "New York State Department of Labor Job-Training Program: Applying the Progoff *Intensive Journal*<sup>®</sup> Method"<sup>8</sup> "Awakening Behind the Walls In An *Intensive Journal*<sup>®</sup> Workshop," by Charles H Evans, II, Fellowship in Prayer, vol 37, no. 5, October 1986, pp. 43-46.
- 9 "An Interview With Harvey Shrum, Ed.D.," by Jessica Haas, *Progoff*<sup>™</sup> Criminal Justice Newsletter, Fall 2005, Vol. 1, Issue 1.
- 10 "An Interview With Marcella Hardt," by Dale Raben, *Progoff*<sup>™</sup> Criminal Justice Newsletter, Fall 2005, Vol. 1, Issue 1.