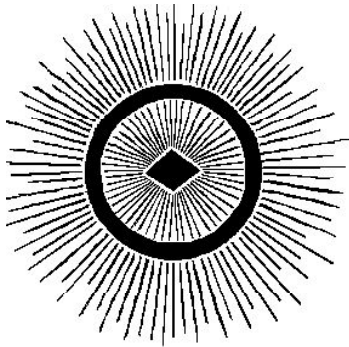



"...an excellent vehicle for helping inmates in their rehabilitation process."

Superintendent Elaine A. Lord
Bedford Hills Correctional Facility - New York

Enhancing the Rehabilitation Process in the Criminal Justice System



Progoff *Intensive Journal*[®] Method *A Program for Psychological Growth*

- Awareness
 - Understanding
 - Acceptance
- 
- Responsibility
 - Self-Control
 - Maturity

Program Overview

Created by Dr. Ira Progoff, a depth psychologist, the *Intensive Journal* program can provide your clients with a powerful and direct method for psychological growth.

Our nationally-recognized program helps offenders come to terms with their prior actions to achieve major changes in their attitudes and behavior. Clients find answers for themselves, creating a more lasting effect upon them. Reducing violence and recidivism and establishing a positive path for re-entering society are some of our program's many benefits.

The *Intensive Journal* program uses writing as a means for accessing personal experiences and emotions, offering an integrated method for ongoing growth. Our program has a 35-year history of helping over 175,000 people.

*Change your clients' attitudes -
Provide lasting rehabilitation*

Changed Behavior

"I have seen women who present a very gruff and rough exterior to the world show a very different side, at sometimes great personal risk."

Terri McNair
Bedford Hills Correctional Facility
Family Violence Prevention Coord.
Bedford Hills, NY

Track Record in Criminal Justice

200 *Intensive Journal* workshops have been conducted in the criminal justice system.

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Implementing the *Progoff*™ Methodology Through the *Intensive Journal* Method

The *Progoff*™ methodology is designed to further the processes of growth by helping people connect with and strengthen their inner capacities for developing their lives. Through this process, they can work through important issues and make dramatic strides in the rehabilitation process.

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

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

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

Structured as an active and evocative instrument, the *Intensive Journal* workbook helps your clients generate energy and momentum to propel them forward through cumulative ongoing entries.

Through the *Journal Feedback*™ process, clients 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.

Inner Development: Evoking Your Clients' 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 a direct experience in their lives. Certified trainers guide your clients 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 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*™ techniques allows for issues to develop, providing a protection from premature judgments.

Dr. Progoff's Philosophy

"The frustration of potentiality is the root of neurosis. The implications of this view are large. Persons are not a bundle of repressions but ...of possibilities and the key to therapy lies in reactivating the process of growth."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

"I observed how quiet it was. The journal had gripped not only me: everyone was lost in the adventure toward self...Something had been opened in each of our lives."

Charles H. Evans, II³
Inmate

1 Atlantic Monthly, "The Psychology of Personal Growth," by Ira Progoff, July 1961, p. 103.

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

3 Fellowship in Prayer, "Awakening Behind the Walls in an *Intensive Journal* Workshop," October, 1986, pp. 43-46.

Practical Ways to Foster Your Client's Rehabilitation

As offenders use the method, they develop new perspectives regarding their lives, giving them the ability to grow as individuals. Clients become more mature and less aggressive, resulting in more responsible behavior.

Fostering Self-Improvement

- By connecting with their unique life experiences, they are able to access and develop their inner strengths and capacities, and gain life-changing insights and perspectives.
- Clients move from a state of denial and avoidance of painful feelings and experiences to greater recognition and acceptance. They learn to trust their own inner process and are better able to address powerful issues that previously resulted in anger and frustration.

Developing Vocational Interests and Skills

- Adopting more socially acceptable behavior and attitudes allows clients to realize their potential. Clients become more interested in obtaining a vocation.

Changing Attitudes and Behavior Reduces Recidivism

- The benefits of changing attitudes and behavior include reducing recidivism and disciplinary problems, becoming less aggressive, while developing patience and maturity.

Increasing Tolerance

- Offenders realize that storing hatred towards people of different racial or ethnic backgrounds or sexual orientation is detrimental to their own development. Coming to terms with that anger and becoming more tolerant enhance offenders' interpersonal skills.

Recovering From Substance Abuse Addictions

- Working through underlying issues that contribute to substance abuse problems leads to more effective and permanent recovery. People in Twelve-Step Programs have benefited from the *Intensive Journal* method.

Improving Writing and Communication Skills

- Clients become less inhibited about recording or expressing their experiences and feelings, resulting in enhanced interpersonal skills.

A Program That Works!

"In the ten years since its introduction at Folsom State Prison, not one inmate who had completed at least the introductory *Intensive Journal* workshop returned to prison."

"Without therapeutic intervention shortly after these events, they [inmates] became at greater risk for antisocial behavior, low-self-esteem, depression, low educational attainment,... The *Intensive Journal* program helped them to deal with their issues in a safe, supporting environment."

"The *Intensive Journal* method also holds great promise in rehabilitating inmates as well as preventing young people from taking the path that often leads to addictions and incarceration..."

Harvey Shrum, Ed.D., Re-Entry Coordinator, Folsom State Prison

Author of "Correctional Practices That Work," *The Journal of Correctional Education* (Sept. 2004)

Articles

To obtain articles which describe the program's benefits in helping your clients, please call **800-221-5844** or visit our website at **www.intensivejournal.org** (see Information - Articles or Life Histories).

- **Prisoner Rehabilitation:**

"No Longer Theory: Correctional Practices That Work," by Harvey Shrum, Ed.D. The Journal of Correctional Education, Vol 55, No. 3, September, 2004.

"Awakening Behind the Walls in an *Intensive Journal* Workshop," by Charles H. Evans, II. Fellowship in Prayer, October, 1986, pp. 43-46.

- **Job Training and Retention:** Dr. Progoff's research shows how unskilled workers can use the method to excel in their job. "The New York State Department of Labor Job-Training Program: Applying the *Intensive Journal* Method."
- **Substance Abuse Treatment:** This article shows how the method can be used to work through issues that contribute to substance abuse addictions. "The *Intensive Journal* Method and Twelve-Step Programs," by Beverly A.

Continuing Education

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

- Association of Social Work Boards (#1036)
- Nat'l Ass'n of Alcoholism and Drug Abuse Counselors (#456)
- National Wellness Institute
- International Coach Federation
- California Board of Registered Nursing (CEP-15073)
- Ohio Board of Nursing recognizes our state approvals.
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-14644-Exp 3/31/21)
- Illinois Dep't of Fin. & Prof. Regulation (197.000213)

Call **800-221-5844** for brochure about details or see continuing education section of www.intensivejournal.org

Benefits

Our program is:

- Practical
- Cost-effective
- Transforming
- Non-threatening
- Unique
- Well-respected

rev. 4/19

Ira Progoff, PhD: Founder

Ira Progoff, PhD, 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 system of theories of human development 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, Dr. Carl Jung and related subjects.

"I have seen miracles in the way people have turned their lives around..."

Jeannette Normandin
Massachusetts
Correctional Institution
Framingham State Prison

How to Begin

Please contact us at **800-221-5844** to learn more about the method and to discuss your organization's needs.

- **Verify the benefits for yourself.** Experience the method in your own life at our workshops to realize the program's value.
- **Minimal commitment and risk.** You can proceed one step at a time with a limited commitment of resources. Workshops are twelve hours in length and conducted over two days.

Longer Term

We can design a program to conduct workshops and train your staff to become certified to conduct *Intensive Journal* workshops.