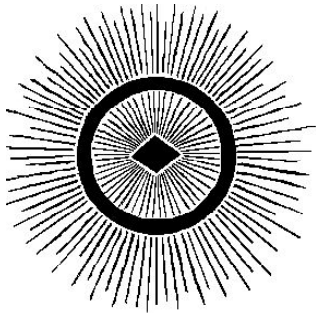


"...an excellent vehicle for helping inmates in their rehabilitation process."

**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 nationally recognized psychotherapist, 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 for the public has a 50-year history of helping over 175,000 people.

*Change your clients' attitudes -
Provide lasting rehabilitation*

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, Dr. Progoff developed his system of theories of human development. 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, psychology, and related subjects.

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The Foundations Course at William Head Institution in Victoria BC Implementing the *Intensive Journal* Process

Beginning in the fall of 2016, the prison management at William Head Institution (WHI), a federal penitentiary in the Correctional Services Canada (CSC) prison system, instituted a program that is called the Foundations Course to provide the *Intensive Journal* program for inmates. The program is taught by Bill Israel, a certified facilitator/consultant for the *Intensive Journal* program.

The course is offered on a voluntary basis to WHI prisoners who are preparing personal, written Release Plans for presentation to the Federal Parole Board on the occasion of their scheduled release hearings. The program consists of a twelve week course for small groups (10 men) meeting once per week for three hours. (*Intensive Journal* programs are structured based upon the needs of each organization, including conducting a 12 hour program in 2-3 consecutive days.)

The structured writing process enables participants to privately explore their current life circumstances, previous life history and future goals, without judgment, analysis or diagnosis. In small workshop groups, volunteer prison participants write in their individual workbooks under the professional guidance of a certified facilitator. Writing in time-limited segments, verbal interaction is limited to volunteered individual “readings”, without discussion or analysis. This method enables a safe, self-monitored mirroring process for examining the significant elements of one’s life in an holistic way.

Among the prisoner groups, the intensive, meditative response in the workshops is evident from the outset of the workshop. Seated at a table with their individual workbook binders, blank sheets of paper and pen, the men put their eyes down in unison to write in complete silence. Men who have been incarcerated for as many as 20 years or more, undertake an opportunity to write the most intimate details about their life – sitting among strangers in a federal penitentiary, quietly and respectfully. The extent of trauma in their lives is universally tragic, even from early childhood, and the *Intensive Journal* method helps them deal with these issues.

The Foundations Course provides an important addition to the core set of rehabilitation programs that are made available to inmates. To date, approximately 60 men have successfully completed the program. Over the two years that the program has been offered, voluntary attendance and on-time class punctuality has exceeded 90%. Given the positive feedback from both prison management and inmates, the course is now continuing in its third year.

Endorsements from WHI Prison Management

“The volunteer services that Bill Israel has been engaged in at William Head Institution have been well attended and well received by the participants. Their purpose and intent aligns well with the Correctional Services of Canada’s rehabilitation and reintegration priorities. We feel privileged to have such an innovative and committed person among our dedicated volunteer cadre to work with our incarcerated persons.”

Trent Mitchell, Warden

“This program is well attended at our site and the participants have reported gaining insight into challenges that have held them back from moving forward with their reintegration planning. They have shared that the program has had a big impact on improving their lives in general, and in helping them create meaningful goals and objectives.”

Maggie Russell, Programs Manager

See statements from inmates on page 4

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.

Dealing with Traumatic Experiences

- Explore traumatic events in a safe, supportive environment protected by total privacy, and nurtured by a group that provides an energy and momentum to move through issues.
- Learn ways of working with experiences from previous periods of life to obtain perspectives, insights and lessons for developing more integrated and meaningful lives.
- Implement the trauma-informed-care model. Staff who become aware and dealt with their own trauma histories in the workshop are then better equipped to assist inmates with traumatic experiences in their past.

Improving Writing and Communication Skills

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

Learn More at Our Website: www.intensivejournal.org

- Read description and articles about the workshop program, including an interview with Dr. Progoff.
- Obtain articles on criminal justice rehabilitation including a research article from Dr. Harvey Shrum, and a published article by an inmate - see statements below (Criminal Justice section).
- Learn how people excelled at entry level jobs in a job training report (Job Training section).
- Read writeups from people who used the method to deal with trauma, addiction, depression (see Life Histories).

Learn about Dr. Harvey Shrum's Pioneering Research: A Program that Works!

- **Empowering Effect:** “Through [the *Intensive Journal* method’s] non-judgmental, non-analytical nature, it gives the writer a mirroring capability that increases the energy, power, and effectiveness of the process over time. This experience has an empowering effect upon the *Intensive Journal* writer.”
- **Reduced Recidivism:** “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.”
- **Powerful Tool for Mental Health Growth:** “Without therapeutic intervention shortly after these events, they [inmates] became at greater risk for antisocial behavior, low-self-esteem, depression, low educational attainment, underemployment, substance abuse, mental illness, and suicidal ideation. The *Intensive Journal* program helped them to deal with their issues in a safe, supporting environment.”
- **Proven Record of Offender Rehabilitation:** “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. It is ...conducive in fostering self-improvement, ...fostering and developing vocational interests, in increasing awareness and healing of health, addictions, and relationships. It ...improves writing and communication skills, enhances relationships with family, and achieves breakthroughs in issues and decision-making.”

Harvey Shrum, Ed.D., Re-Entry Coordinator, Folsom State Prison, Author of "Correctional Practices That Work," [The Journal of Correctional Education](#), 55(3) 225-235. (Sept. 2004). Note; Full article on www.intensivejournal.org

Summary Statement of Benefits Experienced by Participant Prisoners in the Foundations Course at William Head Institution

The prisoners verbally report how their course writing has helped them to “own” long-forgotten aspects of their lives – including their negative outlook and crimes. They also report how “revisiting negative, painful dark periods” of their past, in a safe, private, non-judgmental process, helps them recognize unexpected, inward resources for moving forward in their life – a key component of preparing their individual Release Plans.

“The most helpful part was the continued informal writing expressing oneself on paper – good or bad. Gave me meaningful thought that in my past I was lazy in my thinking and always felt negative. Being true to myself opens the door to spiritual steppingstones that I had lost when I was young. Re-opening this part of my life greatly improves my communication with others.”

LIFER in for 20 + years

“This course has helped me to re-cap everything (CSC Programs) I participated in throughout my sentence. The difference, from another perspective, is the non-judgmental, positive energy of the good bunch of guys in our group. I am free from my negative intensity.”

(Signed LIFER in for 20 + years)

“The course opened a lot of past memories and things I tried to bury. Re-opening these life experiences helped to refresh some of the reasons I ended up here (in prison). Negative choices, a negative life style, all to cover my pain. This course really helped me understand why I made such poor decisions. It is an ‘amazing tool’ in my tool box to cope with trauma. My journal will help me improve my future.”

LIFER of 10 years

“It streamlined ways of looking at past events. Even ‘talking to’ those events – opens them up in new and innovative ways. Great (tool) for unpacking my past and see events in a new light or from a different perspective. It will be an invaluable tool (my journal) to expand on.”

LIFER of 10 years