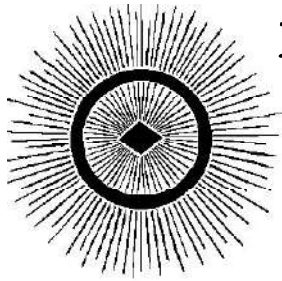


# *Progoff*<sup>TM</sup> Methodology for Overcoming Depression



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

- Empowerment
- Insights
- Issue Resolution
- Experiential Learning
- Momentum
- Self-Esteem & Acceptance

"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 Overcoming Depression\***

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal* program is an integrated system using writing exercises to give your clients' 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.

Clients 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, clients can develop a richer, more integrated life.

\* Depression may be caused by a variety of factors, whether physical (i.e. chemical imbalance) or mental. The *Progoff* methodology is intended for use by certain individuals who may have depression that has been caused at least in part by underlying issues in their lives. This brochure is addressed to health care professionals treating clients with depression as a component of their diagnosis.

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

- Work through underlying issues, in a safe and supportive environment, that may have contributed to depression;
- By-pass preconceived ways of thinking to achieve dramatic breakthroughs;
- Utilize a tool for cumulative ongoing growth and support to reduce possible relapse;
- Benefit from major economies of scale and savings created by clients 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 clientele.

**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**

23400 Mercantile Road - Suite 2, Beachwood, OH 44122-5948

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 clients 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 you step-by-step through the method in a contemplative atmosphere.

Non-judgmental and non-analytical approaches further the psyche-evoking process. Your clients 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.<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 clients 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.

6 "Notes on the *Intensive Journal*® Method and the Transitions of Life: a Program for Pastoral Use," by Ira Progoff, PhD., International Center for Integrative Studies, Forum for Correspondence and Contact, July 1978 (Volume 9, Number 4), pp. III 39-46.

7 *At a Journal Workshop* (rev. ed. 1992), by Ira Progoff, PhD, Penguin Putnam, p 31-32.

8 "The *Intensive Journal*® Process: A Path to Self-Discovery, An Interview with Ira Progoff, PhD," by Kathy Juline, Science of Mind Magazine, July 1992, p40.

# Practical Ways to Overcome Depression

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

## Connect with Inner Process

- Work at a progressively deepening level using the exercises to connect with their full range of experiences and emotions.
- Connect with inner strengths, capacities and interests to develop greater self-confidence and self-esteem.
- Gain insights, new perspectives and awareness that provide clarity, hope and understanding.

## Develop Intuitive Capacities

- Use our reflective process without judgment in a non-analytical framework to become more receptive to intuitions.
- Heighten abilities to listen to and trust their inner process.
- Become more observant about behavior and thought patterns. Acknowledge negative feelings and situation in life as a starting point for developing one's life.

## Employ a Safe Process

- Work through specific issues within the context of one's entire life using Progoff's "whole life" process. (see p 2)
- Deal with issues as far as appropriate at the time that can be revisited at a later date.

## Utilize Meditation Techniques to Enhance Mindfulness

- Apply *Entrance Meditation*<sup>TM</sup> techniques, a key part of the method, that creates a deepening atmosphere to help clients become centered and focused to perceive a larger realm of reality.

## Generate Greater Integration and Wholeness

- Obtain new crystallizations of awareness from diverse areas of life using the *Journal Feedback* process (see p 2). These new integrations constitute the ongoing growth that is possible through this method (see Dr. Progoff's statement below).
- Use new awareness to make decisions for next steps; develop greater momentum, motivation, and action.
- Take greater interest in and control for developing one's life.

## Become More Productive in Using Other Modalities

- Use the *Intensive Journal* method to stimulate awareness and insights to complement other services such as therapy.

## Dr. Progoff's Philosophy

*"The Intensive Journal method is not journal keeping nor 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."* <sup>6</sup>

*"The Journal Feedback method...achieves its results by bringing about a multiplying effect within the psyche. Its impact is cumulative...to carry the person forward to the next step of growth in his life(. . .)*

*"This self-multiplying, cumulative effect of Journal Feedback makes it a great force for change....the force of Journal Feedback breaks apart and breaks through the shells of our habits and those other psychological impediments which are the heavy baggage most of us carry from the past."<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>8</sup>

## Endorsement Statements from Individuals Dealing With Depression

*"My body feels fat and my heart heavy, both weighed down by a dense fog of depression and grief...For many years, I have used the Intensive Journal method as a guide out of the darkest places of pain; no matter how lost I feel....The weeks and months following the suicide of my brother-in-law were among the darkest times I have known....The Intensive Journal process offered me the structure and tools for healing and growth...Using the process, one can work through seemingly overwhelming feelings of abandonment, emptiness, and anger, and eventually find a way to peace."*

**Pam Rivers**

**Author of Life History article "The Sudden Loss of a Loved One"\***

*"I had to confront the issue of sexual abuse again. I was so anxious, angry and depressed...The Intensive Journal method helped me to access and develop these aspects of my life and broadened my awareness of new possibilities for me. I realized that I had defined my life narrowly. In dealing with my depression I realized that I was in survival mode. It had never occurred to me to see my life as having positive aspects to it, as somehow trying to evolve. As I worked in these different areas of my Intensive Journal workbook, clues about my interests surfaced."*

**CS Rose**

**Author of Life History article "Healing from Sexual Abuse Using the Intensive Journal Method"\***

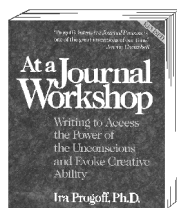
*"The Intensive Journal method strengthened me in my struggles with depression and anxiety. I am plagued less often by despair and suicidal thoughts....I am also learning to accept myself and appreciate myself for who I am instead of what I do or am no longer able to do....For the first time in 41 years, I am learning to be comfortable in my own skin."*

**Liz S**

**Author of Life History article "Overcoming Trauma"\***

\* Complete write-ups of these excerpts are available at [www.intensivejournal.org](http://www.intensivejournal.org) under the Life Histories 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® exercises and principles. **\$19.95** (plus shipping)

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

### 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
- Application filed with Int'l Coach Fed; call for status.
- California Board of Registered Nursing (CEP 15073)
- Florida Bd of Clinical Social Work, Marriage and 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 and writeups, and background on (Ira Progoff).

### 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.

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