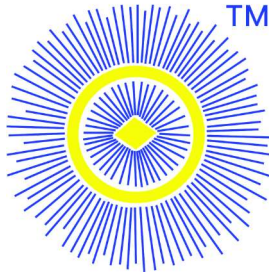


# Overcoming the Challenges of Divorce *using the* Progoff *Intensive Journal*<sup>TM</sup> Program



- Clarity
- Emotional Stability
- Self-Reliance
- Self-Confidence
- Decision-Making
- Issue Resolution

## Divorce: Moving Through the Challenges of a Major Life Transition

The issue of divorce, both as we are going through it and subsequently how we develop our lives, creates a major challenge.

Many aspects of our life may drastically change: our daily routine, our financial resources, where we live, and our relationship with our children and other family members.

We may feel overwhelmed with powerful emotions of anger, fear, and stress now that our lives are in turmoil. Feelings of confusion and doubt about how to proceed may predominate our thinking.

We may naturally look for advice - whether legal, financial, or emotional, and yet a stark reality will eventually hit us - *we* alone ultimately have to make the multitude of decisions, control our powerful emotions, and deal with various parties.

When our divorce is finally consummated, we still need to decide how we will best live our lives under these drastically changed circumstances. We need a method to help us work through these issues in an ongoing way.

### **The *Intensive Journal* method - a tool for modern times**

The *Intensive Journal* method provides you with a valuable resource to work through issues relating to your marriage, and more broadly, your entire life.

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal* program is an integrated system using writing exercises to connect you with your life experiences and emotions, to give your life greater direction, clarity and purpose.

At our workshops, certified leaders guide you step-by-step through the exercises with the protections of total privacy, but with the support of the group working in unison in their lives.

You will learn a unique way to connect with your most intimate feelings; the *Intensive Journal* method becomes your honest friend that will be with you through this perilous phase of your life journey to help you gain clarity and confidence to

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# Begin a Journey in Your Life

Experience a life-changing process to give your life greater direction, vitality and purpose. Discover resources and possibilities you could not have imagined.

Developed in 1966 by psychotherapist Ira Progoff, PhD, our nationally-recognized program has helped many thousands of people lead more fulfilling lives. The Journal can be your honest friend in the creative process of shaping your life. The *Intensive Journal* method can help you:

- ◆ Gain a foundation and perspective to realize the continuity and direction of your life. Build a solid basis for future decisions.
- ◆ Connect more deeply with your personal relationships, career/interests, and body.
- ◆ Use dreams and imagery as a guide in your unfolding process.

## ***Intensive Journal* Workbook: Much More Than a Diary or Collection of Exercises**

- ◆ The workbook is an *integrated* system of writing exercises for accessing your feelings and experiences in an organized way.
- ◆ Issues that were difficult to describe become tangible and accessible.
- ◆ Approaching your life from several perspectives allows you to overcome obstacles and gain awareness.

## **Valuable and Unique Experience**

- ◆ Our leader will guide you step-by-step through exercises as you apply them to your life.
- ◆ Work in total privacy. No one comments on or judges your life.
- ◆ Use the method on your own afterwards; it is a tool to use to connect with your evolving life.

## **Deepening Experience Away From Your Daily Routine**

- ◆ The workshop atmosphere is unique and critical for the method's success. The sustained silence when you are writing and applying the exercises to your life provides a neutral atmosphere for connecting with your inner self.
- ◆ The exercises help you to access your unique emotions and experiences that comprise your life. You then learn how to work with this material to gain insights and perspectives.
- ◆ We suspend judgment and not analyze our life, to avoid going around in circles and relying on preconceived ways of thinking. Our method helps you break free of these traps to achieve creative breakthroughs.

## **Workshops to Meet Your Needs**

- ◆ We offer both online and in-person workshops. Many of our programs are on weekends. We offer two day modules and week-long retreats.
- ◆ Experience how the method works at our online 3 hour introductory sessions for only \$25.

## **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>1</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>2</sup>

*"People become sensitive to the elusive threads of their inner lives when they have a definite way of working with them."*<sup>3</sup>

# Practical Ways to Develop Your Life

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

## Connect with the many facets of your life

- ◆ Access your experiences and emotions throughout your life to connect with the real you: your interests, talents, passions, and priorities.
- ◆ Gain a perspective on the direction and continuity of your life from which to develop the next steps forward.

## Work through issues about your divorce

- ◆ *Intensive Journal* exercises help you connect with the many facets of issues you are facing in divorce and beyond. Our process can help you clarify your thoughts and how to approach these matters.

## Process the multitude of feelings inside you

- ◆ Use *Intensive Journal* exercises to work through your wide range of emotions to gain clarity and understanding.

## Deepen your connection to personal relationships

- ◆ Explore and perhaps enhance family relationships to gain understanding from different perspectives.
- ◆ Work through sensitive issues to become better prepared to discuss them with family members.

## Define and clarify your priorities and values

- ◆ Define your priorities and values. Notice how they may have changed, and their implications for your life.
- ◆ Answer the question: what brings you meaning?

### Key Statements from Nancy-Elizabeth's Writeup<sup>5</sup>

*"...one of the roles of the Intensive Journal process is to bring to consciousness thoughts and feelings that had previously been unconscious. With more conscious awareness, I could act with less reactivity and my actions could be more beneficial to all."*

*"During the mediation, I found my Intensive Journal workbook to be an invaluable help.... Writing about my emotions at that time also helped me stay calmer and more focused in the sessions."*

*"I found that writing dialogues would often give me insights into another person's needs and motivations in a way that I could be more understanding of them. This understanding had a beneficial effect on my emotions and our later interactions."*

## 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>4</sup>

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.

4 "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.

5 "Overcoming the Challenges of Divorce," by Nancy-Elizabeth, 2024.

## Endorsements From Participants Who Are Divorced

The *Intensive Journal* method has helped many people work through major transitions such as a divorce.

*"The Intensive Journal workshops have helped me to stay in conversation with myself in the continuity of my life and as I evolve, especially after divorce when my heart -- as Rumi teaches -- had broken open more than I thought I could possibly bear.*

*I learned a new way to go within for my own wisdom, to have conversations with myself and conversations I'd never had with other people in my life and even with my ex-husband. The dialogue brought me more healing, closure, and self-compassion than I could have ever dreamed was possible. My heart has opened so much with these practices and brought to me a mantra/crystal (seven syllable meditation phrase used in the Intensive Journal program): "Claiming my authentic self." All of me, no part left out."*

**Elizabeth M Perpetua, DNP, ACNP-BC, FACC**  
Seattle, WA

*"I have been married and divorced twice. The Intensive Journal method gave me plausible reasons why the marriages didn't last. I had to reflect and understand my relationships with the women in my life - my mother, my sister, former girl friends, former wives, female work colleagues, and female casual friends. The method helped me to feel much better about myself and to still continue to have positive and healthy relationships and friendships with women."*

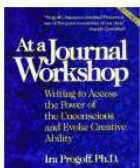
**Cliff**  
San Francisco, CA

*"In retrospect, I believe that if I had not attended the Intensive Journal workshops and therefore become more attentive to my inner processes,...I might never have taken the steps that led to such a fulfilling personal and professional life that I have experienced in the following 30 years."*

**Nancy-Elizabeth (See Writeup entitled "Overcoming the Challenges of Divorce")**

### 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 by:

- California Board of Registered Nursing (CEP 15073)
- Florida Bd of Clinical Social Work, Marriage and Family Therapy, & Mental Health Counseling (50-14644 exp 3/25)
- Illinois Dept of Financial & Prof Regulation (197.000213)
- State approvals recognized by the Ohio Board of Nursing.

### 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. Dr. Progoff is the author of fourteen books pertaining to the *Intensive Journal* method, depth psychology, Carl Jung and related subjects.