

Exploring Sexuality

Using the

Intensive Journal[®] Method

- Clarity
- Healing
- Peace of mind
- Self-acceptance
- Self-esteem
- Understanding

"The Intensive Journal[®] process is the place where we do the creative shaping of the artwork of our life."

Ira Progoff, Ph.D.

Overview

Being a member of the LGBT (Lesbian, Gay, Bisexual, and Transgender) community in today's society can result in a complex set of emotions and pressures. Societal norms can result in a lack of self-esteem, repression of thoughts and life style, and an internalized shame that leads to a lack of connection with one's true identity.

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal*[®] program is an integrated system using writing exercises to give your life greater direction, clarity and purpose. At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy.

The *Intensive Journal* workshop provides LGBT participants with a sanctuary from which to work through their most intimate feelings in a safe,

supportive and non-judgmental environment. Using the *Intensive Journal* method is an ongoing process of growth, which participants may choose to continue after the workshop experience.

Our method provides a practical way for members of the LGBT community to foster greater self-acceptance, and to embrace their sexuality as they connect with their unique self. The *Intensive Journal* method is an energizing process that enables participants to connect with different aspects of their lives that may have been repressed or denied. Through this process, a healthier and more meaningful life can ensue.

Learn More

visit our website www.intensivejournal.org

Call 800-221-5844

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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 major 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 moving directly into your inner process and drawing forth emotions and experiences to make them accessible for further development.

Dr. Progoff's Philosophy

***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.

*"The method provides an indirect approach to solving our life problems...we step back and move inward and meet them at a deeper level."*¹

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.

*"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

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

Whole-Life Process: Greater Perspective and Safety

Progoff's "whole-life" approach provides 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, protecting you from premature judgments.

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

"As a child and young man, I felt that God had abandoned me because of who I am, and therefore, I prayed to have my sexual identity taken away. I thought there must be something wrong with me, having grown up in a male dominated Latino machismo culture, and being a member of a religion that espouses the concept of a condemning "god" who believes that homosexuality is a sin.

The Intensive Journal method has helped me deepen the experience of my sexual identity. Using the Journal, I have been able to bring all of these contradictions into perspective in a very safe way, allowing me to embrace them and become whole again." **Albert Diaz-Cruz**

Practical Ways to Explore Your Sexuality

The *Intensive Journal* method provides the LGBT community with a practical tool to use throughout their lives to accept and deepen their sexual identity and work through related issues which are found in family, community, and work. Conducted in an affirming and supportive environment, the *Intensive Journal* method is an excellent resource to complement other forms of self-development or therapy. These benefits include:

Learn a Leading Method for Writing About Feelings

- Use writing to foster inner awareness, promote self-reflection and provide a means for working through powerful issues.
- Learn Dr. Progoff leading techniques of an integrated system that uses writing to connect with your inner process.

Benefit from a Supportive Environment

- Work in a supportive, non-threatening environment of privacy and silence to help you build your self-identity.

Work Through Related Issues

- Use Progoff's powerful process of inner dialogue to foster a deeper understanding of such key areas as personal relationships, career, body and health, major events, and meaning in life.
- Develop greater understanding how different areas of life are interconnected and impact each other.
- Build enhanced self-esteem and self-confidence as you connect with your true identity.

"For over 40 years, as a gay man, the Intensive Journal method has been a "Home" for me to meet and address and work out life strategies. Now in my senior years, I confidently face the on-going question that has always emerged, "What does my life want to become?"

John B. Leira

Connect With Feelings About Society

- Obtain greater understanding about how your external environment (i.e. societal norms, laws, and beliefs) impact your beliefs, decision-making, and behavior.
- Learn ways to work through issues that previously may have appeared to be too emotional or overwhelming.

Take Next Steps in Life

- Pursue interests and opportunities as you gain greater self-esteem and connect with aspects of your life that have been repressed.

"The Intensive Journal method helped me come to terms with and embrace my sexual identity. Through the Journal's many different writing experiences, I was able to draw connections and open doorways long held shut by social disapproval and my own internalized shame. I found myself informed and in touch again with positive aspects of myself which had been repressed or hidden. I put into perspective and found a larger context for many issues previously felt overwhelming. I gained an understanding of my sexual identity's unique perspective and the rich gifts an alternative point of view provides to a life well constructed within the mainstream community. I highly recommend the Intensive Journal journey for all in the LGBT Community".

Tom Fehrenbacher

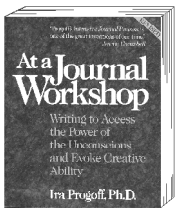
Try a Sample *Intensive Journal*[®] Exercise

Now you can begin to experience how the *Intensive Journal* method works through a sample exercise. It is important to do the exercise in a setting of complete silence, with a pen and paper (not a computer), when you can relax and take your mind off your daily life. Record what comes to you; do not edit or censor. Write the date at the top of the page and the name of the exercise, "Period Log." You should allow about 45 minutes to complete the exercise.

1. Describe the "Now" period of your life; an open ended period that has a beginning but no ending. Examples include: three years since you moved to a new city or started a new job.
2. Record your thoughts, feelings, memories - whatever presents itself to you. Complete the phrase: "It is a time when..."; record images that describe the period.
3. Describe more details about this period: personal relationships; projects or activities; body and health; attitudes about society; important events; dreams or imagery; people who inspired you; and choices or decisions you made.
4. Read back what you have written and record any thoughts and feelings that you have during this process of writing and reading back.

Through the *Period Log* exercise, you are beginning the process of reconnecting with different aspects of your life from which new perspectives and opportunities can reveal themselves.

Award-Winning Book by Dr. Ira Progoff



Selected as one of the 65 most significant books on psychology & spirituality of the 20th 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:

- Association of Social Work Boards (1036)
- Nat Ass'n of Alcoholism & Drug Abuse Counselors (456)
- 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 and Prof Regulation (197.000213)
- State approvals recognized by Ohio Board of Nursing

Dr. Ira Progoff: *Founder*

Dr. Ira Progoff, a nationally recognized psychotherapist, 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 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.

Bring a Workshop to Your Community

Intensive Journal[®] workshops are hosted by educational, spiritual and community organizations that can organize a group of about 15 participants. To learn how your group can host a workshop, contact Jon Progoff at **800-221-5844**.

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.