

Progoff *Intensive Journal*®

Program for Teachers

- Reflect on Teaching Practices
- Renew Passion for Teaching
- Foster Relationships
- Stimulate Productivity
- Develop Career
- Reduce Stress

"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."

Ira Progoff, Ph.D.

Program Overview

Created by psychologist Ira Progoff, the *Intensive Journal*® program is an integrated system using writing exercises that can help teaching professionals become more effective educators.

At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy. Our program has a 40-year history of helping over 175,000 people.

The *Intensive Journal*® method provides unique ways for teachers to

- be more effective in the classroom;
- develop themselves as teaching professionals;
- communicate with and relate to parents, colleagues, and the community.

Continuing Education Credits

11 contact hours per workshop - see page 4

"As a teacher educator, my graduate classrooms are filled with often exhausted and nearly burned-out, yet still highly dedicated and mission-driven, men and women who have committed themselves to the teaching life. While state and national standards encourage reflective practice with respect to their teaching, these teachers freely admit they need times and seasons for even deeper reflection, reflection that engages their hearts and souls, balances their busy and complicated lives, and taps the inner wells of creativity that can keep them going.

"The Intensive Journal method is a set of inner tools that accomplishes exactly that: teachers re-encounter themselves and their lives more deeply through the workshop and find both meaning and fresh energy through the momentum of the exercises. Highly recommended for teachers who need a time-out for themselves!"

Ellen Faith, Ed.D.

Christian Brothers Univ., Memphis, TN

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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

*"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

***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 Intensive Journal method is designed...to serve as a flexible means of objectifying the organic process by which the growth of personality proceeds."*²

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. 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 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, 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

"Intensive Journal exercises introduce students and their teachers to the great Explorer within through trust-worthy new tools for mining the rich and the unexpected. Through this process, I have found I can build depth, independence and integration in thought, feeling and understanding, in whatever study I have undertaken. Such experiences make students and their teachers independent and creative thinkers, and joyful learners."

**Zoe Keithley
Sacramento, California**

Practical Ways for Teacher Enrichment

The *Intensive Journal* method provides teachers with a practical tool to use throughout their career to become more effective in carrying out the many facets of their profession. These benefits include:

Reflect on Your Teaching Practices

- Apply practical methods to reflect on the quality of your teaching practices.
- Examine your performance in a private non-judgmental environment.
- Reflect on work related issues from various viewpoints.

Reconnect with Your Passion for Teaching

- Reconnect with the underlying reasons that you entered the teaching profession.
- Obtain renewed energy, vitality and sense of purpose. Discover new interests and ways to view your profession.

Foster Relationships in the Teaching Environment

- Improve communication and interpersonal skills; become better able to listen to and relate to students, parents and administration.
- Learn techniques to deepen understanding as a way to build bridges to colleagues, parents and community.

Stimulate Your Productivity

- Stimulate creative and intuitive capacities -- a rich source of knowledge for developing new insights.
- Work through personal issues to allow for greater focus and enhanced relationships with students and faculty.

Develop Your Career Path

- Gain perspectives influencing the direction and continuity of your career while developing new goals and opportunities.
- Identify skills and interests for becoming more productive.

Reduce Stress and Prevent Burnout

- By working through teaching related issues and personal conflicts, the professional environment becomes less stressful.
- Resolving issues and reconnecting with your passion for teaching helps prevent burnout.

"The value of these workshops goes beyond words. As a teacher, they have helped me become a Reflective Practitioner and advance my critical thinking skills. I had been keeping journals for many years, but nothing comes close to the ProgoffTM method!"

Alberto Diaz-Cruz

Dep't of Education, New York City

"Teachers are professionals and as such their practice is developed through reflection and study. The Intensive Journal method is a serious tool for reflection. The continual working back and forth between the interpretation of past experience and the yearning for new directions allows for the development of realistic plans that carry their own motivations. This is a valuable experience."

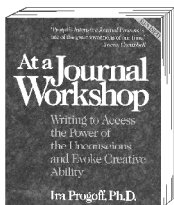
Eugene Bartoo, Ed.D.

Professor of Education, retired
U. of Tennessee at Chattanooga

"The Intensive Journal program provided me with practical ways of becoming a better teacher by helping me clarify my thinking and feelings about my work and myself. It sharpened my senses and ability to connect with my students more intuitively and directly, listening more openly and clearly. The workshop reopened access to my motivation and enthusiasm about teaching, reinspiring and reconnecting me with my own creativity. I strongly recommend the Intensive Journal program to all educators."

Peggy McConnell, M.A. in Curriculum and Instruction
Metairie, Louisiana

Award-Winning Book by Dr. Ira Progoff



Describes the *Intensive Journal*[®] exercises and principles.

\$18.95 (plus shipping)

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

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

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.

Learn More

- Visit our website at www.intensivejournal.org
- Listen to audio CDs - *Entrance Meditation*TM readings, lectures and interviews with Dr. Progoff
- Read Dr. Progoff's book on the *Intensive Journal* method, *At a Journal Workshop* (rev. ed.)

Continuing Education

Dialogue House is an approved provider of continuing education for chaplains, counselors, employee assistance and social workers 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)
- Florida Board 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 Ohio Board of Nursing

Call for brochure about details or see continuing education section of www.intensivejournal.org

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 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.

- 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.