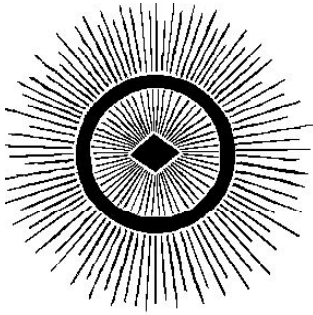


*Helping patients with physical or emotional challenges develop themselves\**



# ***Emotional Healing From Major Illness***

***Using the Intensive Journal<sup>®</sup> Method***

- **Coping**
- **Insights**
- **Meaning**
- **Decision-Making**
- **Healing**
- **Self-Empowerment**

## **Program Overview**

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal* method is an integrated psychological system that can provide patients and their families with a powerful and direct method to develop their lives.

The *Intensive Journal* program uses writing as a means for accessing personal experiences and emotions, offering an integrated method for ongoing growth. Our program has a 50-year history of helping 175,000 people.

Our nationally-recognized program has helped people work through life-changing transitions to rebuild their lives. Major examples include:

- coping with the consequences of a physical illness (such as cancer)
- recovering from traumatic experiences
- dealing with underlying issues of depression or substance abuse addictions
- relieving stress and emotional issues that exacerbate some illnesses

*"This process has been an important part of my intellectual and spiritual development for more than 20 years."*

**B.W. Ruffner, MD  
Medical Oncologist**

*"I think the Intensive Journal workshop can offer the special form of supportive intervention not currently offered by any other aspect or form of intervention."*

**Jacek Mostwin, MD, MPhil  
Senior Urologist  
Johns Hopkins  
Medical Institutions**

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\* Restrictions apply. Results vary by individual. Dialogue House does not warrant that any individual will benefit from the *Intensive Journal* method or any particular aspect of the Progoff™ methodology. "Intensive Journal" (registered) and "Journal Feedback" and "Progoff" are trademarks of Jon Progoff and are used under license by Dialogue House Associates.

# Implementing the *Progoff*™ Methodology Through the *Intensive Journal*® Method

The *Progoff*™ methodology is designed to further the processes of growth by helping people connect with and strengthen their inner capacities for developing their lives. Through this process, they can work through the broad range of issues that arise from their illness or trauma.

## ***Intensive Journal*® Workbook: Mirroring the Growth Process**

The structure of sections and corresponding writing exercises in the *Intensive Journal* workbook mirror the subjective process taking place in personality development. Designed with minimal terminology, these procedures provide the means for moving directly into the inner process and drawing forth emotions and experiences to make them accessible and tangible for further development.

### **Dr. Progoff's Philosophy**

*"Persons are not a bundle of repressions but...of possibilities and the key to therapy lies in reactivating the process of growth."*<sup>1</sup>

## ***Journal Feedback*™ Technique: An Active Dynamic Process**

Structured as an active and evocative instrument, the *Intensive Journal* workbook helps your patients generate energy and momentum to propel them forward through cumulative ongoing entries.

Through the *Journal Feedback*™ process, patients 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.

*"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>

## **Inner Development: Evoking Your Patients' 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 a direct experience in their lives. Certified trainers guide your patients step-by-step through the method in a contemplative atmosphere.

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

*"The Intensive Journal method is not journal keeping, not 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>3</sup>

## **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, providing a protection from premature judgments.

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1 "The Psychology of Personal Growth," by Ira Progoff, *Atlantic Monthly*, July 1961, p. 103.

2 *Depth Psychology and Modern Man*, by Ira Progoff, McGraw-Hill Paperback Edition, 1973, Author's Note.

3 "Notes on the *Intensive Journal* Method and the Transitions of Life: A Program for Pastoral Use," by Ira Progoff, International Center for Integrative Studies, *Forum for Correspondence and Contact*, Vol. 9, No. 4, July 1978, p. III-44.

# Practical Ways to Help Patients

As participants use the *Intensive Journal* method, they develop new awareness about their lives, which gives them the ability to grow as individuals. Here are some of the many ways that your patients can use our method to develop themselves.

## Foster Self-Empowerment to Overcome Their Challenges

- Patients connect to their inner capacities to draw forth new resources to grow and develop, overcoming the challenges created by an illness. They are better able to handle the tension, uncertainty and physical demands placed upon them physically and emotionally. Maintaining a constructive attitude leads to a more active life style.

## Coping and Making Sense of the Illness

- Patients become more actively engaged in determining the next phases of their total treatment program. They become more proactive in developing plans to help themselves, conscious of changes in their condition, and aware of the consequences of destructive behavior.

## Deepen Self-Understanding

- Working in privacy creates safety for patients to be honest with themselves to accurately describe issues in their lives.

- Patients connect more deeply with their true selves which may have been overshadowed by the illness. They develop a broader perspective, realizing possibilities in life beyond the illness.

- Greater acceptance of the existence of the illness becomes possible, which leads to a process of dealing with the condition and its consequences. Patients view their lives as an unfolding process and realize connections between illness and other facets of life.

## Work Through Other Issues

- Issues are clarified that had become clouded or complicated by illness. Patients learn a new approach for continuing self-growth and developing other aspects of their lives. Resolving issues generates energy and momentum and reduces anxiety and stress.

### Statements

#### From Participants

*"[The method] has helped me deal more effectively with the seriousness of a life-threatening illness and any emerging difficult issues and emotions."*

**Vic T.**

**Cancer Survivor**

*"...the Journal has been the most honest ally in offering me feedback with regards to my attitudes, conduct and decisions."*

**Gerald Johnson**

**Bipolar Disorder**

*"This experience of seeing oneself through one's own uncensored thoughts, feelings, and words, without the burden of judgment or analysis, has an empowering effect..."*

**Beverly A.**

**Addictions Treatment**

### ***Integrated Healing: Finding Meaning in an Illness***

*"The essence of healing does not lie in the efficiency with which the body and its parts can be restored to strength. It lies in the meaning that is added to the life of the person who suffers the illness or the injury. This meaning is not something that can be given to the person from the outside...meaning can come only by means of an experience that takes place within the person as an individual finds interiorly the message carried by an illness, absorbs it into consciousness and allows it in its own timing to disclose its meaning for the life."*

**Ira Progoff, Ph.D. - "Finding the Message of Illness"**

## Articles

Visit our website at [www.intensivejournal.org](http://www.intensivejournal.org) (see sections entitled wellness or articles) or call 800-221-5844 to obtain additional information.

- **Interview with Ira Progoff, Ph.D.** In this extensive interview, Dr. Progoff describes his approach for human development and the underlying theoretical basis. He discusses his rationale for creating the *Intensive Journal* method, its basic operating principles and exercises in the workbook.
- **Integrated Healing.** In his article, "Finding the Message of Illness," Dr. Progoff explains the importance of finding meaning in an illness for more complete healing.
- **Writeups from Participants.** Participants describe how they have used the *Intensive Journal* method to deal with their physical or emotional challenge. Examples include: cancer, substance abuse addiction, depression, sex abuse and bereavement. See Life Histories section on website.

## Continuing Education

Dialogue House Associates is an approved provider of continuing education by:

- Association of Social Work Boards (#1036)
- Nat'l Ass'n of Alcoholism & Drug Abuse Coun (456)
- Nat'l Wellness Institute
- Application filed with Int'l Coach Fed; call for status.
- California Board of Registered Nursing (CEP-15073)
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-14644-Exp. 3/21)
- Illinois Dept. of Fin'l and Prof. Regulation (197.000213)
- State approvals recognized by Ohio Bd of Nursing

Call 800-221-5844 for details on continuing education or see section on [www.intensivejournal.org](http://www.intensivejournal.org)

### Benefits

Our program is:

- Practical
- Cost-effective
- Transforming
- Non-threatening
- Unique
- Well-respected

### How to Begin

Please contact us at 800-221-5844 to learn more about the method and to discuss your organization's needs.

- ➔ **Verify the benefits for yourself.** Experience the method in your own life at our workshops to realize the program's value.
- ➔ **Minimal commitment and risk.** You can proceed one step at a time with a limited commitment of resources. Workshops are twelve hours in length and conducted over two days.

## 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 theories of 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.

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"...your healing must involve emotional or spiritual components as well as the physical. I would highly recommend Intensive Journal workshops..."

**Kitty Gurkin Rosati, MS, RD**  
**Nutrition Director,**  
**Duke Univ Rice Diet Program**  
**Author of *Heal Your Heart***