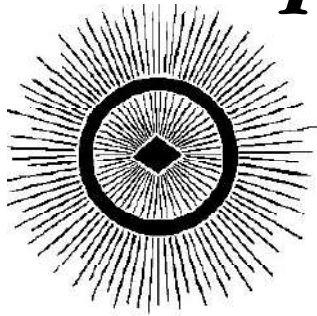


Sponsored and endorsed by leading writers



Progoff Intensive Journal[®]

Method for Creative Development

"...Ira Progoff and the *Intensive Journal* workshop made a tremendous impact on my writing...The journals and texts written by Progoff are powerful tools in the creative process."

Judy Collins
Artist, Writer and Entertainer

Program Overview

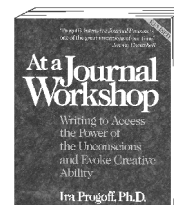
Created by Dr. Ira Progoff, a depth psychologist, the *Intensive Journal*[®] program is an integrated system using writing exercises to help you develop your life.

Learn how to work with your experiences and emotions, resolve issues and gain a whole-life perspective. Give your work greater direction, clarity, and purpose by tapping into your creativity and by overcoming writer's block.

Intensive Journal[®] exercises help you avoid preconceived ways of thinking to achieve breakthroughs that were previously not possible.

At our workshops, certified leaders guide you step-by-step through the exercises with the protections of total privacy. Our program has a 50-year history of helping over 175,000 people.

Award-Winning Book by Dr. Ira Progoff



Describes the *Intensive Journal*[®] exercises and principles.
\$19.95 (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.

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Implementing the *Progoff*TM 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. Here are some of the method's major features.

***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 yourself. 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 and tangible for further development.

Inner Development: Evoking Your Potential

Focusing on inner development, where the most penetrating insights are generated, the *Intensive Journal*[®] method provides you with an integrated system for dealing with issues through a direct experience in your life. 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. You become immersed in your own growth, drawing forth your unique potential and unfolding life process.

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

*"People become sensitive to the elusive threads of their inner lives when they have a definite way of working with them."*²

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Statements from Writers

"For me, the Progoff method's greatest impact was helping me realize that I already have everything within myself to be my best self, complete and whole."

-Pam H. Daugavietis, Write Solutions

"...[The] Intensive Journal method was central to the beginning and flourishing of my career as a biographer... Progoff's creative insights and practical methods of deepening one's spiritual and creative life should be made available to everyone..."

-Donald Spoto, Biographer

"The method spurs your creativity as you access ideas and thoughts inside yourself as well listen to your intuition."

-Cornelius Vahle Jr.

Author of several books including the *Smart Baseball* series

"Because of the way the Intensive Journal workshop showed me how to access imagery and symbol, and then to connect them to larger systems of personal meaning, I began to write poetry seriously again."

-Sally McNall

Author of *Rescue*, a collection of poems

"I have found the Progoff Intensive Journal Method to be an invaluable tool... giving the writer access at any time to the creative inner resources from which all writing comes."

-Carolyn Kelley Williams

Managing Editor, *International Journal of Gynecology and Obstetrics*
Senior Editor of Publications, Northwestern University Medical School

A Framework for Stimulating Your Creativity

The *Intensive Journal* method provides you with a safe and effective framework from which to explore and develop your life.

Overcome Writer's Block

The *Intensive Journal* Process helps you access a stream of material generated from your life experiences. This flow brings certain symbols and images into consciousness, as well as life experiences and ideas that may have been forgotten or repressed. Because there is an inherent movement in the Process, fresh material and ideas are revealed.

Spur Your Creativity

If you feel stuck or unsure of what to do next in your writing, the *Intensive Journal* Program allows you to enter the steady stream of repressed personal material. Discover ideas you never knew you had. Gain insights about the direction you would like your writing to take.

Develop Meaningful Personal Imagery

The *Intensive Journal* Process provides a unique way of working with dreams and imagery to uncover meaningful personal symbols. This personal imagery can be transformed into powerful metaphors in your writing, bringing depth and intimacy to your work. By accessing your personal images, you can open up new doors in your personal life and professional life. Images can evolve and grow over time, to become sources for larger, more integrative works.

"I have understood later...that all my pictures are dreams. Not in the meaning that I have dreamt them now, but in a way I have-- I have written them, and I have seen them before I have written them. Everything I have seen or heard inside...or felt...And I have combined reality so exactly as the dreams combine. And every picture--every one of my pictures are dreams. And when-- and if the audience secretly perhaps have seen inside, suddenly meet in their minds, meet my dreams. And feel that they are close to their dreams. I think that is the best communication."

--**Ingmar Bergman**, in an interview with WNDT-TV New York as quoted in *The Dynamics of Hope* by Dr. Ira Progoff.

Connect with Your Life Experiences

Draw on your life experiences to bring a sense of closeness and understanding to your work. The *Intensive Journal* method is an invaluable tool for those who write memoirs or life stories. Our process puts you in direct contact with your unfolding life process. Gaining greater understanding of life experiences can enhance both your writing and self-understanding.

Statements From Writers

"...One cannot help being amazed by what emerges from this skilled inner journey. All the elements we attribute to the poet, the artist, become available to everyone..."

Anais Nin
Diarist

"...a truly powerful method for accessing the past and charting the future of your life."

Hannelore Hahn
Former Exec Director,
Int'l Women's
Writing Guild

Journal Feedback™ Technique: A Dynamic Process

Through the *Journal Feedback™* process, you 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 you generate energy and momentum to move forward through cumulative ongoing entries.

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 the *Progoff™* technique allows for issues and awareness to develop over time, thereby avoiding premature judgments.

"The creative person is one who is able to draw upon the images within himself and then to embody them in outer works, moving inward again and again for the inspiration of new source material, and outward again and again to learn from his artwork what it wants to become while he is working on it."

Dr. Ira Progoff,
The Dynamics of Hope

Visit our website - www.intensivejournal.org - to learn more and see a schedule of our workshops.

See "Specialized Audiences - Writers" to discover what the *Intensive Journal Process* can do for you. Whether you are a poet, educator, technical writer, memoirist, or just someone who loves to write, the *Intensive Journal* can help you meet your goals as a writer.

Articles

Learn more about the *Intensive Journal* method through articles on the program as well as interviews with Dr. Progoff. Call **800-221-5844** or access our website: www.intensivejournal.org

Books and Audio CDs

Dr. Progoff's book and audio CD catalogue describes how you can learn more about the *Intensive Journal* method and his approach to self-development.

Continuing Education

Dialogue House is an approved provider of continuing education for addiction counselors, coaches, nurses, social workers, and wellness. Please visit our website for more information at (www.intensivejournal.org).

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 a university-based research professor, 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 *At a Journal Workshop* (rev. ed. 1992), by Ira Progoff, Penguin Putnam.