

# *Develop a More Meaningful Life*

*"The Intensive Journal® process is our inner workshop, the place where we do the creative shaping of the artwork of our life."*

Ira Progoff, Ph.D.



*More than "journal writing"*

*A classic tool for gaining clarity and awareness*

*An integrated process for your ongoing self-development*

## *Progoff Intensive Journal® Method of Self-Development*

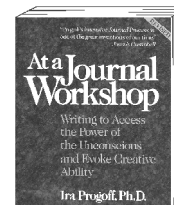
Give your life greater direction, vitality and purpose. The *Intensive Journal* method utilizes a practical system of writing exercises to help you:

- ♦ connect to your emotions and experiences
- ♦ gain insights about relationships, career, health...
- ♦ explore dreams and symbolic imagery
- ♦ develop a foundation for future decisions
- ♦ reduce stress and work through transitions.

Call 800-221-5844 for registration/information  
Credit cards accepted.

Visit our Web site at: [www.intensivejournal.org](http://www.intensivejournal.org)

**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 20<sup>th</sup> century.*

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

**Workshops Nationwide - 175,000 Participants Since 1966**

**Bring a workshop to your community - call 800-221-5844**

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# Features and Principles of the Method

The *Intensive Journal* method is an integrated system of writing exercises to access and work with your experiences and feelings for gaining awareness about your life. Our certified leaders guide you step-by-step in an atmosphere of privacy and reflection. 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 workbook mirror the subjective process of perceptions, thoughts, etc. taking place inside yourself. Designed with minimal terminology, these procedures provide the means for moving directly into your own inner process and drawing forth emotions and experiences to make them accessible and tangible for further development.

## ***Journal Feedback*™ Technique: A Dynamic Process**

Structured as an active instrument, the *Intensive Journal* workbook helps you generate momentum through cumulative entries. Through the *Journal Feedback*™ process, you avoid self-conscious analysis and preconceived ways of thinking to overcome blockages and foster breakthroughs. You view issues from different angles to realize connections and to create integrations of awareness.

## **Inner Development: Evoking Your Potential**

Focusing on inner development, our method provides an integrated system for connecting with your true self. Our workshops provide a progressively deepening atmosphere, away from your daily routine, for experiencing the exercises as they are applied to your life. Non-judgmental and non-analytical approaches further the 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 approach of working through issues in the context of your entire life provides important benefits of perspective and safety. Greater awareness about a wide range of 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, avoiding premature judgments.

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

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

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*"...one of the great inventions of our time."*

*Joseph Campbell*

## **Continuing Education Approvals**

- **Coaching:** Int'l Coach Federation
- **Counseling:** Nat Ass'n of Alcoholism & Drug Abuse Couns. IL Dept of Fin/Prof Reg(197.000213)
- **Nursing:** CA Bd of Reg Nursing (CEP-15073); State approvals recognized by Ohio Bd of Nursing
- **Social Work:** Ass'n of Social Work Bds (1036); FL Bd of Clinical Social Work (50-14644-Exp 3/21)
- **Wellness:** National Wellness Institute

## **Workshop Modules**

**Part 1 - Life Context (LC):** *Gaining a Perspective.* Learn the basics for using the method by working through half of the workbook. Prerequisite: none. 10-12 hours.

**Part 3 - Life Integration (LI):** *Journal Feedback* Process. Integrate your life by developing your entries between sections to build momentum and new perspectives. Prerequisite: DC or LE. 8-12 hours.

**Advanced - Life-Study (LS):** *Learning from Another's Life.* Learn lessons about your life by experiencing the life of a creative person as you keep a Journal on their behalf. Preparation required. Prerequisite: LC or LE. 12 hours.

**Part 2 - Depth Contact (DC):** *Symbolic Imagery & Meaning.* Covers exercises in the second half of the workbook. Prerequisite: LC or LE. 8-12 hours.

**Part 1+ Life Experience (LE):** *An Extended Introductory Workshop.* Covers all of the exercises from LC and some from DC. Prerequisite: none. 15 hours.

## Workshops in the Northeast

Winter - Fall, 2020

*All workshops are 12 hours in length. To register, call 800-221-5844 or fill out form.*

### ***New York City: 2-Part Series on February 14-17 (Presidents' Day weekend)***

Workshops		Tuition
Life Context	2/14 (1:30-4:30 pm; 6-9 pm); 2/15 (9:30 am-12:30 pm; 2-5 pm)	\$ 245#
Depth Contact	2/16 (9:30 am-12:30 pm; 2-5 pm); 2/17 (9:30 am-12:30 pm; 2-5 pm)	\$ 245#

# Tuition only. Local restaurants & lodging nearby. Both workshops: \$ 445.

**Leader** Susan Wells has experience in the field of communications spanning 3 decades. She's been a poet, video producer, researcher, teacher, editor, and, most recently, medical writer with a specialty in oncology and neurology. Susan has worked with the *Intensive Journal* process for 25 years.

**Location** TRS Professional Suites is located in lower Manhattan 1 block south of Wall Street.

### ***Westchester-Tarrytown (NY): 3-Part Series on July 26-31***

Workshops		Commuters#	Residents*
Life Context	7/26 (2-5:30 pm; 7-9 pm); 7/27 (9 am-12 pm; 1:30-5 pm)	\$ 325	\$ 395
Depth Contact	7/28 (9 am-12 pm; 2-5 pm); 7/29 (9 am-12 pm; 2-5 pm)	325	395
Life Integration	7/30 (9 am-12 pm; 1:30-5:30 pm; 7-9 pm); 7/31 (9 am-12 pm)	325	395
LC & DC / DC & LI / All 3 Workshops		640 / 640 / 925	785 / 785 / 1,245**

# Tuition & 1 meal daily. \* Tuition, single room (a/c) & meals. \*\* Covers room & meals between workshops.

All bedrooms have air-conditioning. **Register by July 12.**

**Leader** Susan Wells: see description above.

**Location** Mariandale Retreat Center is located in Westchester County, NY in the town of Ossining just north of Tarrytown. The center provides a very tranquil setting and their property abuts the Hudson River. It is accessible from I-87/287 and by train (Metro North) from New York City (Grand Central Station).

### ***Boston-Duxbury (MA): 3-Part Series-June 7-12 (new location)***

Workshops		Commuters#	Residents*
Life Context	6/07 (1:30-4:30 pm; 6-9 pm); 6/08 (9 am-12 pm; 2-5 pm)	\$ 325	\$ 375
Depth Contact	6/09 (9 am-12 pm; 2-5 pm); 6/10 (9 am-12 pm; 2-5 pm)	325	375
Life Integration	6/11 (9 am-12 pm; 1:30-4:30 pm; 6-9 pm); 6/12 (9 am-12 pm)	325	375
LC & DC / DC & LI / All 3 Workshops		635 / 635 / 845	795 / 795 / 1,145**

# Tuition & 1 meal daily. \* Tuition, single room & meals. \*\* Covers overnights/ meals between workshops. **Register by May 21.**

**Leader** Susan Wells: see description above.

**Location** Miramar Retreat Center is in the charming seaside town of Duxbury overlooking Kingston Bay. The center is just north of Plymouth, and 35 miles southeast of Boston off route 3. This former shipowners estate is a modern well maintained, air-conditioned center with beautiful gardens and a labyrinth. The center is only 200 yards to the bay which can be viewed from our second floor conference room. The center is accessible by train or bus from Boston. see [www.miramarretreat.org](http://www.miramarretreat.org)

### ***New Haven-Madison (CT): 3-Part Series- October 11-16***

Workshops		Commuters#	Residents*
Life Context	10/11 (2-5:30 pm; 6:30-9 pm); 10/12 (9 am-12 pm; 2-5 pm)	\$ 325	\$ 395
Depth Contact	10/13 (9 am-12 pm; 2-5 pm); 10/14 (9 am-12 pm; 2-5 pm)	325	395
Life Integration	10/15 (9 am-12 pm; 2-5 pm); 10/16 (9 am-12 pm; 1:30-4:30 pm)	325	395
LC & DC / DC & LI / All 3 Workshops		640 / 640 / 895	885 / 885 / 1,345**

# Tuition & 1 meal daily. \* Tuition, single room & meals. \*\* Covers overnights/ meals between workshops. **Register by Sept 24.**

**Leader** Susan Wells: see description above.

**Location** Mercy Center is located about 20 minutes east of New Haven, CT on Long Island Sound. This air-conditioned center has beautiful grounds and views, providing a conducive environment for your workshop experience. Mercy Center is accessible from I-95 and by train from New York or Boston. (See [www.mercycenterbythesea.org](http://www.mercycenterbythesea.org))

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## **Intensive Journal® Program**

### **Workshops in the Northeast**

- ♦ New York City (NY)
- ♦ New York City - Tarrytown (NY)
- ♦ Boston - Duxbury (MA) new location
- ♦ New Haven - Madison (CT)

Send us your email address  
to receive email updates

### **Why Attend Our Three-Part Series?**

- Learn how to use *all* of the sections of the workbook.
- Realize the connections and relationships in your life using the integrative features of the method.  
The Journal comes alive as a complete unit.
- Held at leading retreat centers with single bedrooms.

**Dates for 2020.** See [www.intensivejournal.org](http://www.intensivejournal.org) /call 800-221-5844 for details.

#### **Northeast**

Boston June 7-12  
New Haven October 11-16  
New York City July 26-31  
Philadelphia Sept 25-30  
Toronto August 16-21

#### **Europe**

London, UK October 11-16

#### **Midwest**

Chicago July 24-29  
Detroit May 17-22  
Madison October 2-7  
St Louis Sept 13-18

#### **South**

Dallas April 19-24  
Nashville/Chatt March 20-25  
Richmond August 9-14  
Tampa March 8-13

#### **West**

Boise April 19-24  
Denver May 3-8  
Los Angeles August 16-21  
Phoenix March 8-13  
Sacramento March 8-13  
Salem, OR January 17-22  
San Francisco May 17-22  
Seattle March 22-27

### **Form for Registration Conducted by Dialogue House**

Discount: Pay in full 2 weeks prior to the workshop and deduct \$5 per workshop. **Dietary Needs** \_\_\_\_\_

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Workshop(s)** ☐ LC ☐ DC ☐ LI **Location** \_\_\_\_\_ **Type of Stay** ☐ Commuter ☐ Resident

**Deposit** \$ \_\_\_\_\_ Minimum (nonrefundable): Commuter-\$50; Resident-\$100. Checks payable to "Dialogue House".

**Credit Card** - AMEX/MC/VISA/DISCOVER **Name** \_\_\_\_\_

**Number** \_\_\_\_\_ **Expiration** \_\_\_\_/\_\_\_\_ **Signature** \_\_\_\_\_

**Security Code** \_\_\_\_\_ **Billing Address of Card if Different** \_\_\_\_\_

**Mail to:** Dialogue House Associates, 23400 Mercantile Rd, Suite 2, Beachwood, OH 44122-5948