

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

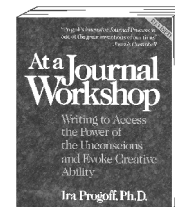
Give your life greater direction, vitality and purpose. The *Intensive Journal* method utilizes a practical system of writing exercises to help you:

- ♦ 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

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.

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."

"...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 Northwest

Winter - Summer, 2020

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

Seattle-Stanwood (WA): 3-Part Series on March 22-27 - new location

Workshops		Commuters#	Residents*
Life Context	3/22 (1:30-5 pm; 6:30-8:30 pm); 3/23 (9 am-12 pm; 2-5:30 pm)	\$ 255	\$ 395
Depth Contact	3/24 & 3/25 (9 am-12 pm; 2-5 pm)	255	395
Life Integration	3/26 (9 am-12 pm; 2-5 pm); 3/27 (9 am-12 pm; 1:30-4:30 pm)	255	395
LC & DC / DC & LI / All three workshops		500/ 500/ 745	895/ 895/ 1,345**

#Tuition & 1 meal daily. *Tuition, single room/private bath & meals. **Covers meals & overnight between workshops.

Leaders **Evelyn Wemhoff** (Life Context): see below.
Carol Ladas Gaskin (Depth Contact and Life Integration) has conducted our workshops for over 30 years. Carol is a counselor, and a teacher and trainer in Hakomi, a form of psychotherapy based upon mindfulness, compassion and self-study.

Location **Warm Beach Conference Center** is 40 miles north of Seattle, west of I-5 in Stanwood, due west of Arlington. The center has 278 acres of grounds with views of Port Susan/Puget Sound. **Register by March 7.**

Salem-Mt Angel (OR): 3-Part Series on January 17-22

Workshops		Commuters#
Life Context	01/17 & 01/18 (9:30 am-5:30 pm)	\$ 185
Depth Contact	01/19 & 01/20 (9:30 am-5:30 pm)	\$ 185
Life Integration	01/21 & 01/22 (9:30 am-5:30 pm)	\$ 185
LC & DC / DC & LI / All 3 Workshops		\$370 / 370 / 499.50

Includes tuition only. Commuters can add lunch for \$8.50 per day; call Sr. Rebecca. Overnight accommodations / meals: \$50 per night; call Sr Rebecca Pirkel at 503-949-4935 to reserve your room / add meals. breakfast: \$7.50; lunch: \$8.50 dinner \$9.50.

Leader **Evelyn Wemhoff** is a presenter of retreats and workshops at Shalom at the Monastery in Mt Angel, OR that offers personal and spiritual growth programs. She is a spiritual director, retired licensed counselor, and was formerly director of WomanSpirit Center in the Seattle area that offered programs for women seeking to develop their lives. Evelyn has led *Intensive Journal* workshops for over 30 years.

Location **Shalom at the Monastery** is an ecumenical center in Mount Angel in the Salem area offering programs to foster well being in daily life and harmony with nature and ourselves. The center's grounds offer an environment for reflection and solitude.

Sign up Call 971-273-0700 or write to: Evelyn Wemhoff, PO Box 21083, Keizer, OR 97303. Make check payable to Evelyn Wemhoff. email: evelynhwemhoff@comcast.net

Boise (ID): 3-Part Series on April 19-24 with Evelyn Wemhoff - new location

Workshops		Commuters#	Residents*
Life Context	4/19 (1:30-5 pm; 6:30-9 pm); 4/20 (9 am-12 pm; 2-5 pm)	\$ 245	\$ 325
Depth Contact	4/21 (9 am-12 pm; 2-5 pm); 4/22 (9 am-12 pm; 2-5 pm)	245	325
Life Integration	4/23 (9 am-12 pm; 2-5 pm); 4/24 (9 am-12 pm; 1:30-4:30 pm)	245	325
LC & DC / DC & LI / All three workshops		480/ 480/ 695	735/ 735/ 1,095**

Tuition & 1 meal daily. * Tuition, single room/private bath & meals. ** Covers overnight & meals between workshops.

Location **Nazareth Retreat Center** is in the West Valley section of greater Boise, just south of Hwy 20, offering convenience and accessibility. The center has a peaceful environment with spacious grounds. **Register by April 4.**

3-Part Series in Northern California - Call 800-221-5844

Sacramento-Auburn

March 8-13, 2020

San Francisco-East Bay-Danville

May 17-22, 2020

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Intensive Journal® Program

Workshops in the Northwest

- ♦ **Seattle-Stanwood (WA) - new location**
- ♦ **Salem-Mt Angel (OR)**
- ♦ **Boise (ID)**
- ♦ **San Francisco (CA)**
- ♦ **Sacramento (CA)**

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 /call 800-221-5844 for details.

Northeast		Midwest		West	
Boston	June 7-12	Chicago	July 24-29	Boise	April 19-24
New Haven	October 11-16	Detroit	May 17-22	Denver	May 3-8
New York City	July 26-31	Madison	October 2-7	Los Angeles	August 16-21
Philadelphia	Sept 25-30	St Louis	Sept 13-18	Phoenix	March 8-13
Toronto	August 16-21			Sacramento	March 8-13
Europe		South		Salem, OR	January 17-22
London, UK	October 11-16	Dallas	April 19-24	San Francisco	May 17-22
		Nashville/Chatt	March 20-25	Seattle	March 22-27
		Richmond	August 9-14		
		Tampa	March 8-13		

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