

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

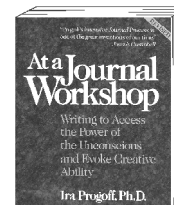
Give your life greater direction, vitality and purpose. The *Intensive Journal* method utilizes a practical system of writing exercises to help you:

- ♦ 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 Northeast

Winter - Fall, 2020

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

Toronto-Mississauga (ON): 3-Part Series on August 16-21

Workshops		Commuters#	Residents*
Life Context	8/16 (1:30-4:30 pm; 6-9 pm); 8/17 (9 am-12 pm; 2-5 pm)	\$ 295 CN	\$ 395 CN
Depth Contact	8/18 (9 am-12 pm; 2-5 pm); 8/19 (9 am-12 pm; 2-5 pm)	295	395
Life Integration	8/20 (9 am-12 pm; 2-5 pm); 8/21 (9 am-12 pm; 1:30-4:30 pm)	295	395
LC & DC / DC & LI / All 3 workshops		585/ 585/ 845	945/ 945/ 1425**

*Tuition & 1 meal daily. #Tuition, single room (with private bath) & meals. **Covers room & meals between workshops.

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 <i>Intensive Journal</i> process for 25 years.
Location	Queen of Apostles Renewal Centre is in the Toronto suburb of Mississauga. Spacious grounds provide a serene setting for your workshop experience. Swimming pool on premise.
Registration	<u>Canadians</u> : payment by credit card or money order in US dollars denominated by US bank branch. No personal checks. <u>Americans</u> : Pay by credit card or personal check-save on weak Canadian dollar!

Boston-Duxbury (MA): 3-Part Series-June 7-12 with Susan Wells

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.**

Location	Miramar Retreat Center is in the charming seaside town of Duxbury overlooking Kingston Bay, north of Plymouth, and 35 miles southeast of Boston off route 3. This former shipowners estate is well maintained, air-conditioned, has beautiful gardens, & 200 yards to the bay. www.miramarretreat.org
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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:** see description above.

Location	TRS Professional Suites is located in lower Manhattan 1 block south of Wall Street.
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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.
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Philadelphia-Malvern (PA): 3-Part Series on September 25-30

Workshops		Commuters#	Residents*
Life Context	09/25 (1:30-4:30 pm; 6-9 pm); 09/26 (9 am-12 pm; 2-5 pm)	\$ 265	\$ 335
Depth Contact	09/27 (9 am-12 pm; 2-5 pm); 09/28 (9 am-12 pm; 2-5 pm)	265	335
Life Integration	09/29 (9 am-12 pm; 2-5 pm); 09/30 (9 am-12 pm; 1:30-4:30 pm)	265	335
LC & DC / DC & LI / All 3 workshops		540/ 540/ 785	725/ 725/ 1,125**

*Tuition & 1 meal daily. #Tuition, single room & meals. **Covers room & meals between workshops. **Register by Sept 10.**

Location	IHM Spirituality Center is located in Malvern, west of Philadelphia, off route 30 adjacent to Immaculata College. The center provides a serene setting for your workshop experience.
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Intensive Journal® Program

Workshops in the Northeast

- ♦ **Toronto - Mississauga (ON)**
- ♦ **Boston - Duxbury (MA) newlocation**
- ♦ **New York City (NY)**
- ♦ **New York City - Tarrytown (NY)**
- ♦ **Philadelphia - Malvern (PA)**

**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