

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

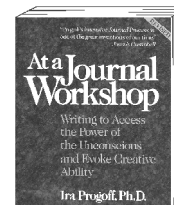
Give your life greater direction, vitality and purpose. The *Intensive Journal* method utilizes a practical system of writing exercises to help you:

- ♦ 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 California

Winter - Summer, 2020

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

Sacramento (Auburn): 3-Part Series on March 8-13 (new location)

Workshops	Commuters#	Residents*
Life Context 3/08 (1:30-5:00 pm; 6:30-9 pm); 3/09 (9 am-12 pm; 2-5 pm)	\$295	\$ 345
Depth Contact 3/10 (9 am-12 pm; 2-5 pm); 3/11 (9 am-12 pm; 2-5 pm)	295	345
Life Integration 3/12 (9 am-12 pm; 2-5 pm); 3/13 (9 am-12 pm; 1:30-4:30 pm)	295	345
LC & DC / DC& LI / All three workshops	575 / 575 / 835	775 / 775 / 1,195**

#Tuition & 1 meal daily. *Tuition, single room & meals. **Covers meals & overnight between workshops. **Register by Feb 20.**

Leader **Joanne Hackett Ching** began leading *Intensive Journal* workshops in 1980 while working in NYC at Dialogue House. For 25 years, she was an English as a Second Language (ESL) teacher in Fresno, CA. Joanne has a MA in Creation Spirituality from Naropa Univ., is a Certified Life Cycle Celebrant® (creating celebrations for major life events) and is an ordained minister with the Universal Life Church.

Location **Mercy Center** is located in Auburn, north of Sacramento off I-80. The center has beautiful grounds on 33 acres and a tranquil atmosphere.

San Francisco-East Bay (Danville): 3-Part Series on May 17-22

Workshops	Commuters#	Residents*
Life Context 5/17 (1:30-5 pm; 7-9 pm); 5/18 (9 am-12 pm; 2-5:30 pm)	\$ 350	\$ 395
Depth Contact 5/19 (9 am-12 pm; 2-5 pm); 5/20 (9 am-12 pm; 2-5 pm)	350	395
Life Integration 5/21 (9 am-12 pm; 2-5 pm); 5/22 (9 am-12 pm; 1:30-4:30 pm)	350	395
LC & DC / DC& LI / All three workshops	685/ 685/ 985	915/ 915/ 1,375**

#Tuition & certain meals. *Tuition, single room/private bath & meals. **Includes meals & overnight between workshops.

Leader **Joanne Hackett Ching:** see description above.

Location **San Damiano Retreat Center** is located in Danville in the East Bay in the hills of the San Ramon Valley and is accessible from I-680. The center has beautiful gardens. Bedrooms have private bath.

Los Angeles (Encino): 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)	\$ 315	\$ 365
Depth Contact 8/18 (9 am-12 pm; 2-5 pm); 8/19 (9 am-12 pm; 2-5 pm)	315	365
Life Integration 8/20 (9 am-12 pm; 2-5 pm); 8/21 (9 am-4:30 pm)	315	365
LC & DC / DC& LI / All three workshops	620/ 620/ 875	835/ 835/ 1,265**

#Tuition & 1 meal daily. *Tuition, single room & meals. **Includes room/meals between workshops.

Leader **Joanne Hackett Ching:** see description above.

Location **Holy Spirit Retreat Center** is in the residential town of Encino just west of the intersection of 101 405. The center has peaceful grounds (including a lake) and was totally rebuilt about 10 years ago.

3-Part Series in the Western Region - Call 800-221-5844 unless noted

Boise, OR	April 19-24 with Evelyn Wemhoff at Nazareth Retreat Center
Denver, CO	May 3-8 with Joanne Hackett Ching at
Salem-Mt Angel, OR	January 17-22 with Evelyn Wemhoff at Shalom at the Monastery. Contact Evelyn at 971-273-0700 / evelynhwemhoff@comcast.net to register.
Phoenix-Carefree, AZ	March 8-13 with Kelley Williams at Spirit in the Desert Retreat Center.
Seattle-Stanwood, WA	March 22-27 with Evelyn Wemhoff (LC) & Carol Ladas-Gaskin (DC/LI)

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Intensive Journal® Program

Workshops in California

- ♦ **Sacramento - Auburn (CA) - new location!**
- ♦ **San Francisco/East Bay - Danville (CA)**
- ♦ **Los Angeles - Encino (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