

Begin a Journey in Your Life

Experience a life-changing process to give your life greater direction, vitality and purpose.

Developed in 1966 by Dr. Ira Progoff, this internationally-recognized program has helped 175,000 people lead more fulfilling lives.

Discover resources and possibilities you could not have imagined. The *Intensive Journal* method can help you:

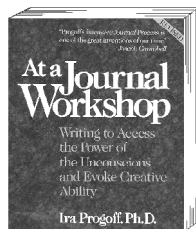
- Gain a foundation and perspective to realize the continuity and direction of your life. Build a solid basis for future decisions.
- Connect more deeply with your personal relationships, career and interests, and body.
- Use dreams and imagery as a guide in your unfolding process.

The Journal can be your honest friend in the creative process of shaping your life.

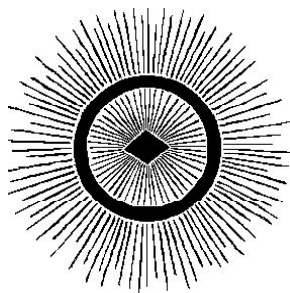
***One of the 65 most significant books
on psychology and spirituality
of the 20th century****

**Award-Winning Book
by Dr. Progoff**

Describes the *Intensive Journal* exercises and principles.



*Source: Common Boundary, Jan-Feb. 1999.



Intensive Journal Workbook: Much More Than a Diary or Collection of Exercises

- The workbook is an *integrated* system of writing exercises for accessing your feelings and experiences in an organized way.
- Issues that were difficult to describe become tangible and accessible to you.
- Approach your life from several perspectives to overcome obstacles and gain awareness.

Valuable and Unique Experience

- The leader will guide you through exercises step-by-step as you apply them to your life.
- Work in total privacy. No one comments on or judges your life.
- Use the method on your own afterwards.

Helping You in Many Ways

- Decision making
- Self-esteem
- Energy and momentum
- Healing
- Intuition
- Creativity

Don't Worry About Your Writing

You do not have to like writing or be a good writer.
You write what comes from within, not a life story.
Only you will read what you write.

About the Leader: Bill Israel

Bill Israel is a long-time practitioner of the *Intensive Journal* method, with 40 years of experience in effecting his own life transitions. Bill worked as an ordained pastor, a group and family therapist and then as a professional human resource trainer and consultant. He now conducts a private counseling and consulting practice in Victoria, BC, working as a Life Transition Facilitator.

Workshop Location The Church of Truth in Victoria, BC

The Church of Truth is located in the James Bay residential neighborhood of Victoria, BC at 111 Superior Street. Restaurants and lodging are nearby. Contact Bill for lodging information.

"The Intensive Journal workshop was very effective in providing awareness about my life journey - how the choices I've made have influenced my development and provided insight into how I can develop further. The training gave me the structure and tools to resolve a significant emotional event I experienced 17 years ago regarding the death of my father. This program is an excellent resource for resolving issues that we face in life."

Mary Burkhammer

**Learn More About the
Intensive Journal Program
www.intensivejournal.org**

Early Fall Program

Life Context workshop on
18-19 September - same location

More than "journal writing" - a premiere program for developing your life

About the Workshop

Life Context (Part 1)

Gaining a Perspective on Life

6 March (1:30 pm-4:30 pm; 6-9 pm)

7 March (9 am-12 pm; 1:30-4:30 pm)

Learn how to use the *Intensive Journal* method through a direct experience in your own life.

Gain a perspective on your life. Develop awareness as you explore prior events, memories and feelings. Realize possibilities and interests.

Gain insights about major areas of your life.

- Relationships with other persons
- Career and special interests
- Body and health

Prerequisite: None. 12 hours. \$ 250 CDN

Depth Contact (Part 2)

Symbolic Images and Meaning in Life

1 May (1:30 pm-4:30 pm; 6-9 pm)

2 May (9 am-12 pm; 1:30-4:30 pm)

Continue your Journal work, focusing on the second part of the *Intensive Journal* workbook:

Dreams and images: Learn Dr. Progoff's unique method to develop your symbolic experiences.

Meaning in life: Learn specific ways of working to develop a more meaningful life.

- Clarify priorities and ultimate concerns.
- Deepen your connection to important areas.

Prerequisite: Life Context. \$250 CDN 12 hours.

Continuing Education Credits

Approved by the National Ass'n of Alcoholism and Drug Abuse Counselors (456) and Association of Social Work Boards (1036); International Coach Federation; Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling 11.0 contact hours. California Board of Registered Nursing (15073) 13.2 contact hours.

Registration Form for the *Intensive Journal* Program

Name _____

Address _____

City _____ Prov. _____ Postal Code _____

Telephone _____

Email _____

☐ Life Context (part 1) \$ 250 CDN

☐ Depth Contact (part 2) 250

☐ Both 450

Deposit: \$ 50 (nonrefundable)

Amount enclosed \$ _____

Please make cheque payable to:
Centre for Earth & Spirit

Mail to:

Centre for Earth & Spirit
350 King George Terr
Victoria, BC V8S 2K2 Canada

Pay by credit card with VISA/MC/AMEX/
Discover at
www.centreforearthandspirit.ca

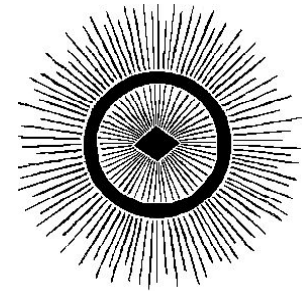
Continuing education credits: Please send information on continuing education credits in:

☐ Addiction Counseling ☐ Nursing

☐ Social Work

Confirmation: Additional information will be sent upon receipt of deposit.

"Intensive Journal" is a registered trademark of Jon Progoff and is used under license by Dialogue House, the administrative headquarters for the *Intensive Journal* program.



Develop a More Meaningful Life

Using the

Progoff *Intensive Journal*® Program

with
Bill Israel

2-Part Workshop Series

in Victoria

Begins on 6-7 March 2020

For more information:

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Email: billisrael06@gmail.com
Web: www.centreforearthandspirit.ca

