

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

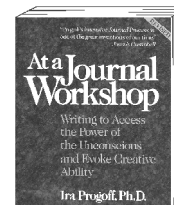
Give your life greater direction, vitality and purpose. The *Intensive Journal* method utilizes a practical system of writing exercises to help you:

- ♦ 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 Southeast

Winter - Summer, 2020

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

Tampa (FL): 3-Part Series on March 8-13 (new location)

Workshops		Commuters#	Residents*
Life Context	3/08 (1:30-4:30 pm; 6-9 pm); 3/09 (9 am-12 pm; 2-5 pm)	\$ 325	\$ 395
Depth Contact	3/10 (9 am- 12 pm; 2-5 pm); 3/11 (9 am-12 pm; 2-5 pm)	325	395
Life Integration	3/12 (9 am-12 pm; 2-5 pm); 3/13 (9 am-12 pm; 1:30-4:30 pm)	325	395
LC & DC / DC & LI / All 3 Workshops		635 / 365/ 925	855/ 855/1,275**

Tuition & 1 meal daily. * Tuition, single room (private bath) & 3 meals daily. ** Includes 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 *Intensive Journal* process for 25 years.

Location Franciscan Center is in the residential neighborhood of Riverside Heights in Tampa and sits on 8 acres of waterfront property on the eastern banks of the Hillsborough River. **Register by February 21.**

Nashville-Chattanooga-Monteagle (TN): 3-Part Series on March 20-25

Workshops		Commuters#	Residents*
Life Context	3/20 (1:30-5 pm; 7-9 pm); 3/21 (9 am-12 pm; 2-5:30 pm)	\$ 265	\$ 375
Depth Contact	3/22 & 3/23 (9 am-12 pm; 2-5 pm)	265	375
Life Integration	3/24 (9 am-12 pm; 2-5 pm); 3/25 (9 am-12 pm; 1:30-4:30 pm)	265	375
LC & DC / DC & LI / All 3 Workshops		520/ 520/ 765	875/ 875/1,295**

Tuition & 1 meal daily. * Tuition, single room & meals. ** Covers room & meals between workshops. **Register by March 5.**

Leader Nancy-Elizabeth Nimmich is a clinical social worker in Virginia. Her professional career has been as a psychotherapist, educator, hospice social worker, and workshop presenter. She began attending *Intensive Journal* workshops over 35 year ago and has been leading them for the past 10 years.

Location DuBose Conference Center is in Monteagle off I-24, between Nashville and Chattanooga (closer to Chattanooga). The center has 65 acres of mountain woodlands and open fields, including newly added walking trails, and is situated atop Monteagle Mountain with excellent views of the surrounding area.

Dallas (TX): 3-Part Series on April 19-24 (new location) with Susan Wells

Workshops		Commuters#	Residents*
Life Context	4/19 (1:30-4:30 pm; 6-9 pm); 4/20 (9 am-12 pm; 2-5 pm)	\$ 265	\$ 355
Depth Contact	4/21 (9 am-12 pm; 2-5 pm); 4/22 (9 am-12 pm; 2-5 pm)	265	355
Life Integration	4/23 (9-12 pm; 2-5 pm); 4/24 (9 am-12 pm; 1:30-4:30 pm)	265	355
LC & DC / DC & LI / All Three Workshops		525 / 525/ 755	795 / 795 / 1,225**

Tuition & 1 meal daily. * Tuition, single room, & meals. ** Covers room & meals between workshops. **Register by April 4.**

Location Catholic Conference and Formation Center (CCFC) is located on 13 acres in the North Oak Cliff neighborhood off I-35, about 5 miles southwest of downtown Dallas. The center offers both accessibility to the greater Dallas-Ft Worth area and a serene setting for your workshop experience.

Richmond (VA): 3-Part Series on August 9-14 at Roslyn Center

Workshops		Commuters#	Residents*
Life Context	8/09 (1:30-4:30 pm; 6-9 pm); 8/10 (9 am-12 pm; 2-5 pm)	\$ 265	\$ 375
Depth Contact	8/11 (9 am- 12 pm; 2-5 pm); 8/12 (9 am-12 pm; 2-5 pm)	265	375
Life Integration	8/13 (9 am-12 pm; 2-5 pm); 8/14 (9 am-12 pm; 1:30-4:30 pm)	265	375
LC & DC / DC & LI / All 3 Workshops		520/ 520/ 765	875/ 875/1,295**

Tuition & 1 meal daily. * Tuition, single room & meals. ** Covers room & meals between workshops. **Reserve bedrooms by July 28th. Rooms not taken will be released and available on first-come basis. .**

Leader Nancy-Elizabeth Nimmich: see above.

Location Roslyn Center is on 150 acres in Henrico County, VA, 2 miles west of Richmond on the James River.

St Louis (MO): 3-Part Series on September 13-18 at Mercy Center with Joanne Hackett Ching - new location

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Intensive Journal® Program

Workshops in the Southeast

- ♦ **Tampa (FL) - new location!**
- ♦ **Nashville-Chattanooga (TN)**
- ♦ **Dallas (TX)**
- ♦ **Richmond (VA)**
- ♦ **St Louis (MO) - new location!**

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

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