



*Endorsed by Elsa Bakkum and Rick Brewer - see p 4*

# ***Enhance Your Education for Ministry Experience with the Intensive Journal<sup>®</sup> Method***

- Reflective / Contemplative Approach
- Integrated Process Using Writing
- Connection with the Spirit
- Insights
- Self-Awareness
- Inner Wisdom

*"The ultimate task of psychology is to re-establish a person's connection to the sustaining and creative forces of life...through an experience of meaning and spiritual authenticity in the inner life." <sup>1</sup>*

**Ira Progoff, PhD**

## **Program Overview**

Education for Ministry (EfM) offers an in-depth program of theological study that invites individuals to reflect on how their study speaks to them and calls them to action in their ministry.

The *Progoff*<sup>™</sup> methodology is an integrated system of practical writing exercises that are conducted in a reflective atmosphere that can help to develop this self-awareness.

Created by Dr. Ira Progoff, a depth psychologist and accomplished author, the *Intensive Journal* program has helped people for 50 years gain profound inner awareness at workshops held internationally.

The *Intensive Journal* method can serve as an excellent resource to complement your EfM learning experience.

## **Recognized Leader in Inner Growth\***

\* The Education for Ministry program draws on the work of Father Bernard Lonergan, SJ.<sup>2</sup>

*"...self-appropriation is achieved firstly in and through one's personal discovery within oneself...valuing the decision making processes which philosopher theologian Bernard Lonergan has labeled generalized empirical method; and secondly through one's personal experience with the meaningful and creative directives provided by psyche's intelligently formed symbols as revealed so fully through the Intensive Journal method developed by psychologist Ira Progoff."<sup>3</sup>*

**William Reynolds Eidle, PhD**

**Approved as EfM Alternate  
Mentor Training**

***Intensive Journal* workshops - see p 4**

**Join our mailing list for updates  
on public workshops.**

**Host a program for your group/church.  
Call 800-221-5844**

**Dialogue House Associates, 23400 Mercantile Rd, Suite 2, Beachwood, OH 44122-5948**

**216-342-5170 / 800-221-5844 / FAX: 216-342-5168 E-Mail: [info@intensivejournal.org](mailto:info@intensivejournal.org) [www.intensivejournal.org](http://www.intensivejournal.org)**

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# Implementing the *Progoff* Methodology Through the *Intensive Journal* Process

The *Progoff* methodology is designed to further the processes of growth by helping people connect with the movement of their lives and strengthen their inner capacities for self-development.

## ***Intensive Journal* Workbook: Mirroring the Growth Process**

The structure of sections and corresponding writing exercises in the *Intensive Journal* workbook mirror the subjective process taking place in personality development. Designed with minimal terminology, these procedures provide the means for moving directly into the inner process and drawing forth emotions and experiences to make them accessible and tangible for further development.

## ***Journal Feedback*™ Technique: An Active Dynamic Process**

Structured as an active and evocative instrument, the *Intensive Journal* workbook helps participants generate energy and momentum to propel them forward through cumulative ongoing entries.

Through the *Journal Feedback* process, participants avoid self-conscious analysis and preconceived ways of thinking to overcome blockages and foster breakthroughs. Issues are viewed from different angles to realize connections and to create integrations of awareness.

## **Inner Development: Evoking Your Potential**

Focusing on inner development, where the most penetrating insights are generated, the *Intensive Journal* method provides an integrated system for dealing with issues through a direct experience in your life. Certified trainers guide participants through the method in a contemplative atmosphere.

Non-judgmental and non-analytical approaches further the psyche-evoking process. Participants become immersed in their own growth, drawing forth their unique potential and unfolding life process.

## ***Process Meditation*™ Procedures for Spiritual Growth**

*Process Meditation* methods provide an integrated set of procedures for deepening inner experience in the context of your entire spiritual life. They provide an ongoing spiritual discipline for working actively and systematically at an inner level reaching toward an experience of greater meaning.

### **Dr. Progoff's Philosophy**

*"... the net result of modern psychology has been to reaffirm man's experience of himself as a spiritual being." <sup>4</sup>*

*"The Intensive Journal work is indeed a type of prayer and meditation...in the midst of the actuality of our life experiences." <sup>5</sup>*

*"Intensive Journal approach... deepens the level of experience and this draws an individual into contact with the profound sources of inner wisdom.." <sup>6</sup>*

*"People become sensitive to the elusive thread of their lives when they have a definite way of working with them." <sup>7</sup>*

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1 *The Death and Rebirth of Psychology*, by Ira Progoff, PhD, p 265.

2 Wikipedia, Education for Ministry.

3 *The Self-Appropriation of Interiority: A Foundation for Psychology*, William Reynolds Eidle (1990 Peter Lang), preface, p xvii.

4 *The Death and Rebirth of Psychology*, by Ira Progoff, PhD, p 3.

5 *At a Journal Workshop*, by Ira Progoff, PhD (1992 rev. ed Penguin Putnam), p 8.

6 *At a Journal Workshop*, by Ira Progoff, PhD (1992 rev. ed Penguin Putnam), p 7.

7 *At a Journal Workshop*, by Ira Progoff, PhD (1992 rev. ed Penguin Putnam), p 225.

# *Enhance Your Education for Ministry Experience*

The *Intensive Journal* method can serve as a valuable resource to develop your experience in the five thematic areas of the Education for Ministry Program:

- 1) Develop your spiritual history and enhance listening skills;
- 2) Learn techniques to foster theological reflection;
- 3) Construct a spiritual development plan to support ministry;
- 4) Examine the relationship between belief, behavior and doctrine; and
- 5) Explore ways to listen to and respond to God's call to ministry.

## **Develop Your Spiritual History and Enhance Your Listening Skills**

- Develop a foundation on your life as you work in many areas to develop a more meaningful life.
- Realize connections and relationships between various areas of your life and the spiritual component.
- Utilize Progoff's *Meaning Dimension* exercises to articulate and clarify your spiritual history throughout your life.
- Become more receptive to hearing your inner voice and become less judgmental; enhance your listening skills by increasing your ability to recognize many different facets of experience.

## **Learn Techniques to Foster Theological Reflection**

- Experience a reflective and contemplative process. Apply a neutral meditative process for becoming centered and deepening your inward journey.
- Obtain a direct experience in your life. Benefit from a deepening workshop experience away from your daily routine to connect with your inner self.
- Apply Progoff's techniques to find the inner meaning for your life in the theological readings. Use exercises to access symbolic imagery and to create metaphors.

## **Construct a Spiritual Development Plan to Support Ministry**

- Deepen your experience of the Sacred in your life.
- Discern the deep inner purpose and direction of your life as it can be lived most authentically in the world.
- Connect with and develop greater awareness and sensitivity to important religious/spiritual experiences.
- Clarify beliefs, values, priorities, truths, purpose and religious/spiritual experiences.
- Crystallize spiritual beliefs to formulate your plan for ministry.

## **Examine the Relationship Between Belief, Behavior and Doctrine**

- Utilize the integrative aspects of the workbook structure of exercises to help you see connections between your beliefs, behavior and doctrine.
- Apply specific exercises such as *Peaks Depths and Explorations* that provide the means for more clearly realizing patterns between belief and action.

## **Explore Ways to Listen to and Respond to God's Call to Ministry**

- Use Progoff's technique of inner dialogue to connect with the wisdom of God and spiritual figures to obtain clarity and understanding to develop your call to ministry.
- Explore how your whole life is pointing towards your ministry.

## Endorsements\*

*"The Intensive Journal program and EfM both deeply trust the individual experience and the present moment to reveal life-forming meaning. These programs aid participants in the articulation of the meaning that anchors their lives, clarifies their call to live their faith in the world, and supports them in the work of ministry. The Intensive Journal method offers individuals a broadened understanding of the depths within, while EfM offers participants a committed community in which to broaden understanding of life perspectives in the greater world."*

**Elsa S Bakkum**

EfM Associate Director for Training

*"For four decades, I have held both the Intensive Journal method and Education for Ministry program in an ongoing, intimate dialogue in my participation in meaning and truth. The approach to inner work which founder Ira Progoff PhD has chosen for the Intensive Journal method has allowed me to know the full mystery of being human experientially in a progressively deepening way. The Education for Ministry Program has helped me place my story within the story of the People of God. Together the two programs have been the primary means by which I have been formed as a person in relationship with the Holy."*

**The Rev Richard E Brewer**

Primary Author of the EfM Reading and Reflection Guide, EfM Mentor, Trainer, and Author  
Episcopal Priest from Tulsa, OK

\* Comments from individual EfM leaders, mentors, or participants reflect their personal experience and do not constitute an endorsement by Education for Ministry or the University of the South.

## Approved as Alternate EfM Mentor Training

*Intensive Journal* workshops can count as Alternate Mentor Training for EfM mentors. Requirements for Alternate Mentor Training include having completed two Foundations Trainings (formerly Basic/In-Service), being "Formation ready," not having completed another Alternate Training within the last three trainings, and not needing to go back to Foundations after three Formations. Contact Elsa Bakkum, EfM Associate Director for Training, at [esbakkum@sewanee.edu](mailto:esbakkum@sewanee.edu) for Alternate Training credit. Note: Each full length (12 hour) *Intensive Journal* module is 11 contact hours. While attending two workshops satisfies the contact hours requirement, attending the integrative aspects of the method in part 3 is also recommended.

## Workshops for Mentors and Participants

Sponsor the *Intensive Journal* program at your local Education for Ministry group. Workshops are conducted by our certified instructors throughout the United States, Canada and overseas. Dialogue House will guide you step-by-step if you wish also to offer our program to members of your church and local community. Program details such as the schedule of hours and pricing can be adapted to each situation.

## Continuing Education

Dialogue House Associates is an approved provider of continuing education by:

- Association of Social Work Boards (#1036)
- Nat Ass'n of Alcoh & Drug Abuse Counselors (#456)
- National Wellness Institute
- Employee Assistance Certification Commission - 3 hour presentation and 10 and 12 hour modules
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-14644 - exp. 3/31/21)
- Illinois Dep't of Fin & Prof Regulation (197.000213)
- California Board of Registered Nursing (CEP-15073)
- State approvals listed above recognized by the Ohio Board of Nursing

Call **800-221-5844** for details or see continuing education section of [www.intensivejournal.org](http://www.intensivejournal.org)

## Ira Progoff, PhD: Founder

Ira Progoff, PhD, a nationally recognized psychotherapist, was a leading authority on designing systematic approaches and techniques to foster human development.

As a university-based research professor and psychotherapist, Dr. Progoff developed his theories of holistic depth psychology. He then implemented these theories by creating the *Intensive Journal* method in 1966.

Dr. Progoff continued to refine the method while serving as director of Dialogue House. Dr. Progoff is the author of fourteen books pertaining to the *Intensive Journal* method, depth psychology, Carl Jung and related subjects.