



# *Enhancing Your Spiritual Direction Process*

*with the*

## *Intensive Journal*® Method for Experiential Growth

- Reflective / Contemplative Approach
- Integrated Process Using Writing
- Connection With the Spirit
- Gain Insights
- Develop Meaning
- Obtain 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."*

**Ira Progoff, PhD**

### **Program Overview**

The *Progoff*™ methodology provides both spiritual directors and directees with an integrated system of writing exercises for personal and spiritual growth.

Created by Dr. Ira Progoff, a depth psychologist and accomplished author, the *Intensive Journal* program provides a practical tool to use in spiritual direction. Leading spiritual centers, seminaries, and universities have endorsed and sponsored our program over our 50 year history.

Using writing as a means for accessing personal experiences and emotions, the deepening atmosphere and unique structure of the *Intensive Journal* exercises provide the opportunity for profound inner experience.

### ***Enhance Spiritual Direction Sessions***

Both spiritual directors and directees can benefit from attending *Intensive Journal* workshops.

#### **Spiritual Directors: Increased Effectiveness**

- Learn fresh processes for spiritual growth to develop and integrate life experiences
- Broaden perspectives and intuitive abilities

#### **Directees: Greater Participation Possible**

- Uncover and develop issues and experiences
- Integrate selected exercises into sessions

#### **Spiritual Direction Sessions: Greater Depth**

- Move to a deeper level
- Gain insights and clarity

#### **Post-session: Life-Long Tool for Spiritual-Growth**

**Contact us for details about  
attending or sponsoring our program.  
Join our mailing list for updates.**

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## Integration on Two Levels

- ♦ **Psychology and Spirituality.** Dr. Progoff was at the vanguard of psychology in advocating the importance of spirituality as a necessary component of psychological growth. He stated that developing the *Intensive Journal* method

*"fulfilled a goal of holistic depth psychology to provide an integrative method by which the psychological and spiritual can be experienced as two sides of the same coin."*<sup>1</sup>

- ♦ **Theory and Practice.** The *Progoff* methodology consists of an integrated package, containing the theoretical basis for psychological and spiritual growth, combined with its practical implementation through the *Intensive Journal* method.

*"The deep presence and listening of a Spiritual Director can assist us to be attuned to God's grace within and discover the unique life and sense of future directions we experience. I have found the Progoff Intensive Journal method to be an excellent companion in this process of Spiritual Direction."*

Evelyn Wemhoff, MA  
Spiritual Director, Keizer, OR

## 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.

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

*"... the net result of modern psychology has been to reaffirm man's experience of himself as a spiritual being."*<sup>2</sup>

*"The Intensive Journal work is indeed a type of prayer and meditation...in the midst of the actuality of our life experiences."*<sup>3</sup>

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1 *The Practice of Process Meditation*, by Ira Progoff (Dialogue House Library, 1980), page 20.  
2 *The Death and Rebirth of Psychology*, by Ira Progoff, page 3.  
3 *At a Journal Workshop*, by Ira Progoff, (1992 rev. ed Penguin Putnam), page 8.

# *A Valuable Tool for Spiritual Direction*

The *Intensive Journal* method can serve as a valuable resource for both spiritual directors and directees.

## **Connect With Many Facets of Your Life**

- Develop a foundation on your life as you work in many areas to develop a more meaningful life.
- Realize connections and relationships between different areas of your life and the spiritual component.

## **Enhance Your Listening Skills**

- Increase your attentiveness to recognizing many different facets of experience.
- Become more receptive to hearing your inner voice and less judgmental and reactionary.

## **Obtain a Direct Experience in Your Life**

- Benefit from a deepening workshop experience away from your daily routine to connect with your inner self.

## **Experience a Reflective and Contemplative Process**

- Apply a neutral meditative process for becoming centered and deepening your inward journey.

## **Learn Practical Exercises for Connecting With the Spiritual Dimension**

- 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.

## **Tap Into the Wisdom of Spiritual Figures**

- Use Progoff's technique of inner dialogue to connect with the wisdom of spiritual figures to obtain clarity and understanding to resolve issues.

## **Endorsements**

*"... a powerful reflective tool for accessing inner wisdom and the movement of the Spirit. Its process for deepening awareness enhances the spiritual journey. I highly recommend it for those providing or receiving spiritual direction."*

**Dr Marianne LaBarre**  
Portland, OR

*"I found the program initially attractive because it is open to and compatible with the possibility of a relationship with the transcendent. In other words, it has a spiritual dimension."*

**Rev John McMurry, SS**  
Baltimore, MD

*"As a spiritual director, I find the Intensive Journal method to be a helpful tool on the spiritual journey in many ways. It provides an opportunity and a tangible process in which to do the 'inner work'. The method can help broaden perspectives, and facilitate awareness of the connections that exist in all areas of our lives, facilitating integration and expansion of various aspects of our lived experience. The Journal honors every aspect of our life and encourages us to trust what we experience. It encourages us to develop and use our intuitive gifts as a way of knowing...."*

**Ruth Wirtzfeld, Northfield, MN**

## 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 you 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

*"Intensive Journal approach... deepens the level of experience and this draws an individual into contact with the profound sources of inner wisdom.."<sup>1</sup>*

*"People become sensitive to the elusive thread of their lives when they have a definite way of working with them."<sup>2</sup>*

## Workshops for Spiritual Directors in Training and Alumni

Help us reach out to spiritual direction training programs so that more spiritual directors can learn our process. Program details such as the schedule of hours and pricing can be adapted to each situation. Our program is an excellent resource for spiritual directors in training and for the ongoing professional development of graduates.

## Other Information

To learn more about how our program can enhance spiritual direction, call **800-221-5844** (or see section on website ([www.intensivejournal.org/specialized/spiritualdirection.php](http://www.intensivejournal.org/specialized/spiritualdirection.php)) to read statements from spiritual directors.

## Continuing Education

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

- Association of Social Work Boards (#1036)
- International Coach Federation
- Nat. Ass'n of Alcoh & Drug Abuse Counselors (#456)
- National Wellness Institute
- 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 for details

Call **800-221-5844** for brochure about 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, 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.

1 *At a Journal Workshop*, by Ira Progoff, (1992 rev. ed Penguin Putnam), page 7.

2 *At a Journal Workshop*, by Ira Progoff, (1992 rev. ed Penguin Putnam), page 225.