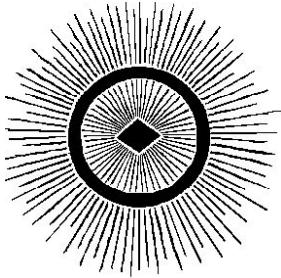


# ***Become a More Effective STM Writer***

*using the*

## **Progoff Intensive Journal® Program**



- Insights
- Communication Skills
- Creativity
- Experiential Learning
- Career Development
- Burnout Prevention

*"The Intensive Journal method has been an invaluable benefit to me in developing my professional life, providing a place and a practice for reflecting on my career in the context of my whole life, bringing balance when responsibilities threatened to become all-consuming, and serving as an antidote to burn-out...."*

**C Kelley Williams**

**Former President, American Medical Writers Association**

**see page 4 for additional comments**

### **Practical System to Increase Your Effectiveness**

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal* program is an integrated system using writing exercises to help you develop professionally as a scientific, technical and medical (STM) writer. Our process is based upon Dr. Progoff's pioneering work in developing his theories of human development in the area of holistic depth psychology.

At our experiential workshops that are held nationwide, certified leaders guide participants step-by-step through the exercises with the protection of total privacy. Since 1966, our program has helped 175,000 people lead more meaningful lives.

You will learn unique ways to help you:

- Deal more effectively with workplace situations;
- Increase interpersonal communication skills;

- Reassess how to develop further your professional career;
- Stimulate creativity;
- Reduce stress and prevent burnout.

Our program can help you clarify and develop your most precious resource--your ability to work effectively in the fast-paced 21st century work environment while maintaining a healthy perspective.

The *Intensive Journal* method is a tool to use throughout your career as an STM writer.

**Learn More**

**visit our website [www.intensivejournal.org](http://www.intensivejournal.org)**

**Call 800-221-5844**

**Dialogue House Associates, Headquarters for the *Intensive Journal* Program**

**23400 Mercantile Road - Suite 2, Beachwood, OH 44122-5948**

**216-342-5170 / 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* Method

The *Intensive Journal* method, based upon Dr. Progoff's unique approaches for self-development, has a solid foundation in theory and approach. Some of the method's unique features are:

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

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

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

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 various angles to realize connections and to create integrations of awareness. Structured as an active and evocative instrument, the *Intensive Journal* workbook helps generate energy and momentum to move forward through cumulative ongoing entries.

## **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 direct experience. Certified leaders guide you step-by-step through the method in a contemplative atmosphere.

Non-judgmental and non-analytical approaches further the psyche-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 "whole-life" approach provides important benefits of perspective and safety. Greater awareness about a wide range of life experiences creates a foundation for making decisions. Issues can be viewed in a larger context and become more manageable. Using *Progoff* techniques allows issues to develop naturally, protecting you from premature judgments.

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

*"The method provides an indirect approach to solving our life problems...we step back and move inward and meet them at a deeper level."*<sup>2</sup>

*"The Intensive Journal method is designed...to serve as a flexible means of objectifying the organic process by which the growth of personality proceeds."*<sup>3</sup>

*"People become sensitive to the elusive threads of their inner lives when they have a definite way of working with them."*<sup>4</sup>

1 *At a Journal Workshop* (rev. ed. 1992), by Ira Progoff, PhD, Penguin Putnam, p 382.

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

3 *Depth Psychology and Modern Man*, by Ira Progoff, PhD, McGraw-Hill Paperback Edition, 1973, Author's Note.

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

5 *At a Journal Workshop* (rev. ed. 1992), by Ira Progoff, PhD, Penguin Putnam, p 165.

6 *At a Journal Workshop* (rev. ed. 1992), by Ira Progoff, PhD, Penguin Putnam, p 31.

7 "The *Intensive Journal*® Process: A Path to Self-Discovery, An Interview with Ira Progoff, PhD," by Kathy Juline, *Science of Mind Magazine*, July 1992, p 40.

# Practical Ways to Develop Professionally

The *Intensive Journal* method provides specific techniques through our integrated system of writing exercises to help you:

## Enhance Your Writing Skills

- Apply practical methods to reflect on the quality of your STM writing skills.
- Examine your development in a private non-judgmental environment.
- Reflect on work-related issues from various viewpoints.

## Reconnect with Your Commitment to Writing

- Reconnect with the underlying reasons that you entered the STM writing profession.
- Obtain renewed energy, vitality and sense of purpose; discover new interests and ways to view your profession.

## Foster Relationships in the Workplace Environment

- Improve communication and interpersonal skills; become better able to listen to and relate to other professionals.
- Learn techniques to deepen understanding as a way to build bridges in your relationships with colleagues.

## Stimulate Your Productivity

- Stimulate creative and intuitive capacities ; gain access to a rich source of knowledge for developing new insights.
- Work through personal issues to allow for greater focus and enhanced relationships in the workplace.

## Develop Your Career Path

- Gain perspectives influencing the direction and continuity of your career while developing new goals and opportunities.
- Identify skills and interests for becoming more productive.

## Reduce Stress and Prevent Burnout

- Work through workplace-related issues and personal conflicts so the professional environment becomes less stressful.
- Resolve issues and make sense of your present work situation to build momentum and prevent burnout.

## Philosophy of Ira Progoff, PhD

*"Often, the body becomes the spokesman for a profound wisdom and guidance that relates to the whole conduct of a person's life...the Intensive Journal method enables us to draw into sharper focus those aspects of our physical life that require our attention."*<sup>5</sup>

*"The Journal Feedback method...achieves its results by bringing about a multiplying effect within the psyche. Its impact is cumulative...to carry the person forward to the next step of growth in his life."*<sup>6</sup>

## Dr. Progoff Defines His Work in Holistic Depth Psychology

*"I refer to my own work as holistic depth psychology. Holistic suggests the qualitative evolution of people that takes place when all of their experiences come together. As this integration occurs, there is an improvement in the quality of people's lives in that the process of becoming who they truly are deepens."*

*"The focus of my work has been to provide methods which will enable people to work continuously in their lives. It gives an inner perspective to guide them through transitions, evoking creative potentials and drawing forth new sparks of Spirit as they move toward becoming whole persons...I developed the Intensive Journal process in the mid-1960s to provide a structured way for people to work continuously to become whole persons."*<sup>7</sup>

## Endorsements BY STM Writers

*"The Intensive Journal method has been an invaluable benefit to me in developing my professional life, providing a place and a practice for reflecting on my career in the context of my whole life, bringing balance when responsibilities threatened to become all-consuming, and serving as an antidote to burn-out. It has provided techniques to navigate work-place conflicts; consider the pros and cons of career changes; and perceive the deeper meaning of my work and its social value. Without this marvelous tool, my life would not have the depth and richness the Intensive Journal process has provided—and continues to provide—as a life-long enhancement for working and living well."*

**C Kelley Williams**

Managing Editor Emeritus, *International Journal of Gynecology and Obstetrics*;  
Former President, American Medical Writers Association

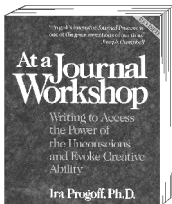
*"I never expected to become a medical publishing professional, and yet here I am with more than 15 years' worth of experience in the field. Learning the Intensive Journal method has given me an indispensable tool for processing, and ultimately appreciating, how seemingly disparate interests and passions have woven together throughout my life to manifest in the unique ways that they have, including becoming an editor in the field of neurology."*

*"Through my work in the Intensive Journal process, I have gained a greater sense of peace and even awe about the arc of my professional life in the context of my life as a whole. The Intensive Journal method has helped me achieve clearer insight into the value to both myself and to the larger world that my career path in medical publishing has fostered. It has helped me better appreciate the ways my work contributes value to the medical community and ultimately has positive impact on patient care."*

**Andrea Weiss**

Executive Editor of Education and News Publications, American Academy of Neurology

## Award-Winning Book by Ira Progoff, PhD



Selected as one of the 65 most significant books on psychology & spirituality of the 20<sup>th</sup> century.

Describes the *Intensive Journal*® exercises and principles. **\$19.95** (plus shipping)

Source: Common Boundary, "Simply the Best," Jan.-Feb., 1999

## Continuing Education

Dialogue House is an approved provider of continuing education for counselors, nurses and social workers by:

- Ass'n of Social Work Boards (1036)
- Nat Ass'n of Alcoholism & Drug Abuse Counselors (456)
- National Wellness Institute
- International Coach Federation
- California Board of Registered Nursing (CEP 15073)
- Florida Bd of Clinical Social Work, Marriage & Family Therapy & Mental Health Counseling (50-14644 exp 3/21)
- Illinois Dept of Financial & Prof Regulation (197.000213)
- State approvals recognized by the Ohio Board of Nursing.

Call for brochure with details or see continuing education section of our website.

## 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 unique approach to psychological growth that he called 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. He is the author of fourteen books pertaining to the *Intensive Journal* method, depth psychology, Carl Jung and related subjects.

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## Bring a Workshop to Your STM Writer Community

*Intensive Journal* workshops can be hosted by STM writer groups that can organize a group of 15 participants. Other professionals who have different needs and interests can attend the same program. To learn how your group can host a workshop, contact Jon Progoff at **800-221-5844**.