

Progoff™ Methodology

for Addiction Recovery

- Integrated Process Using Writing
- Non-Judgmental/Supportive Approach
- Work Through Issues
- Obtain Insights
- Develop Meaning
- Avoid Relapse

"The Intensive Journal process ...provide[s] an instrument and a method by which we can each develop interior capacities strong enough to be relied upon in meeting the trials of our life."

Ira Progoff, Ph.D.

Program Overview

Created by psychologist Ira Progoff, the *Intensive Journal*® program is an integrated system using writing exercises that can help people in the addiction recovery process.

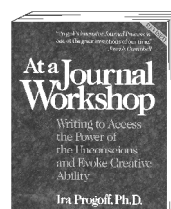
At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy. Our program has a 40-year history of helping over 175,000 people.

The *Intensive Journal*® method provides an on-going tool to aid people in recovery:

- Non-judgmental, supportive environment of quiet and privacy
- Exercises for gaining insights about areas that may have contributed to addiction
- Means for developing self-confidence, and inner strength to succeed in recovery.

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.

Continuing Education Credits

Approved in counseling and social work
(NAADAC and ASWB)

11 contact hours per workshop - see p. 4

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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 major features are:

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

The structure of sections and corresponding writing exercises in the *Intensive Journal*® workbook mirror 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 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 different 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. 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 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 for issues to develop, 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."*¹

*"The Intensive Journal method is designed...to serve as a flexible means of objectifying the organic process by which the growth of personality proceeds."*²

*"People become sensitive to the elusive threads of their inner lives when they have a definite way of working with them."*³

"The Intensive Journal Method has been instrumental in the integration of a way of living that works to keep me sober and to deepen experiences of conscious contact with the spiritual, emotional and interpersonal challenges, resources and presences necessary to the rewards and fulfillment of sobriety and inner growth."

Levi Gardner, MA, CSAC

Practical Ways for Addiction Recovery

The *Intensive Journal* method provides people in recovery with a practical tool to use throughout their lives to overcome their addiction and to lead more meaningful lives. It is an excellent resource that can be used to complement other forms of treatment and therapy. These benefits include:

Learn a Leading Method for Writing About Feelings

- Writing can foster inner awareness, promote self-reflection and provide a means for working through powerful issues.
- Dr. Progoff is a recognized leader in creating an integrated system that uses writing to connect with your inner process.

Use a Non-judgmental Technique

- Work in a supportive, non-threatening environment of privacy and silence to help you accept your current life situation.
- Addressing major issues becomes more palatable.

Work Through Issues That Contributed to Addiction

- Work through difficult issues and transitions you are facing in your life.
- Understand how different areas of life are interconnected and how attitudes and behavior impact these issues.
- Connect with and deepen your understanding of such key areas as personal relationships, career, major events, and meaning in life.

Connect With Body-Health Issues

- Recognize the dignity of your body and how it has been impacted by your addiction.
- Gain valuable perspectives in the recovery process.

Develop Greater Meaning in Life

- Clarify beliefs, values, priorities and areas of interest.
- Identify and develop experiences of meaning.

Gain Broader Perspectives of Your Journey to Recovery

- Realize the unlimited possibilities in life and that you are much more than an addict.
- Avoid relapse as you gain self-confidence and work through issues that influence addiction.

"These workshops have been highly successful and particularly useful in enriching the perspective that our counselors have in the complexity of their own lives and that of their clients."

Dr. Paul Poplawski

Former Director of Training
Delaware Health & Social
Services, Div. of Alcoholism,
Drug Abuse & Mental Health

*"The experience of combining these two [*Intensive Journal* method and *Twelve-Step Program*) powerful recovery tools is synergistic."*

Beverly A.

Author of "Overcoming Addictions:
The *Intensive Journal* Method and
Twelve-Step Programs"

12-Step users value the *Intensive Journal* method's

- Non-judgmental approach
- Use of writing techniques
- Focus on spiritual growth
- Recording an objective summary of what occurred

"The Intensive Journal method was an integral part of my recovery. The organization of the Intensive Journal workbook allowed me to pull from inaccessible parts of my life and bring them into a synthesis that enabled me to make better life-affirming decisions. It helped me to be more in control of my life. Through these workshops, I was empowered to make a career change to be a substance abuse professional. The Intensive Journal method has helped me deal with life's adversity and work through transitions. I am immersed in a positive addiction to the ProgoffTM method and I highly recommend the Intensive Journal method to substance abuse professionals."

George LeRoy, LCAS, CCS, CSAPC, LPC and a North Carolina Addictions Fellow

Try a Sample *Intensive Journal*® Exercise

Now you can begin to experience how the *Intensive Journal* method works through a sample exercise. It is important to do the exercise in a setting of complete silence, with a pen and paper (not a computer), when you can relax and take your mind off your daily life. Record what comes to you; do not edit or censor. Write the date at the top of the page and the name of the exercise, "Period Log." You should allow about 45 minutes to complete the exercise.

1. Describe the "Now" period of your life; an open ended period that has a beginning but no ending. Examples include: three years since you moved to a new city or started a new job.
2. Record your thoughts, feelings, memories - whatever presents itself to you. Complete the phrase: "It is a time when..."; record images that describe the period.
3. Describe more details about this period: personal relationships; projects or activities; body and health; attitudes about society; important events; dreams or imagery; people who inspired you; and choices or decisions you made.
4. Read back what you have written and record any thoughts and feelings that you have during this process of writing and reading back.

Through the *Period Log* exercise, you are beginning the process of reconnecting with different aspects of your life from which new perspectives can reveal themselves.

Learn More

- Visit our website at www.intensivejournal.org
- Read articles on addiction recovery:
"Overcoming Addictions: The *Intensive Journal*® Method and Twelve-Step Programs," by Beverly A.
"Overcoming My Addiction," by Patricia Burns.
- Listen to audio CDs - *Entrance Meditation*™ readings, lectures and interviews with Dr. Progoff
- Read Dr. Progoff's book on the *Intensive Journal* method, *At a Journal Workshop* (rev. ed.)

Continuing Education Credits

Dialogue House is an approved provider of continuing education by:

- Nat Ass'n of Alcoholism & Drug Abuse Counse (456)
- Association of Social Work Boards (1036)
- National Wellness Institute
- International Coach Federation
- California Board of Registered Nursing (CEP 15073)
- Florida Bd of Clin Social Work, Marr & Fam Therapy, & Mental Health Counseling (50-14644 - Exp 3/21)
- Illinois Dept. of Fin. & Prof. Regulation (197.000213)
- State approvals listed above recognized by the Ohio Board of Nursing

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 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. Dr. Progoff is the author of fourteen books pertaining to the *Intensive Journal* method, depth psychology, Carl Jung and related subjects.

Continuing Education Details

See the continuing education section of www.intensivejournal.org for details about specific policies relating to our continuing education program. This includes the learning objectives, ADA policy, completion requirements, refund policy, and other details.

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

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

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