

***Progoff*TM Methodology for Overcoming Trauma**

using the Intensive Journal[®] Program

- Awareness
- Expression
- Growth
- Healing
- Insights
- Meaning
- Momentum
- Safety

"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, PhD

Program Overview

The *Intensive Journal* program is an integrated system using specially designed writing exercises to provide diverse participants with greater direction, clarity, and purpose in life. The program was created by psychotherapist Ira Progoff, PhD, based upon his pioneering work in the field of psychology.

At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy in a supportive nonjudgmental environment. The program is taught internationally and has aided over 175,000 people during our 50 year history.

Intensive Journal workshops have helped survivors of trauma deal with many painful and emotional issues. Since our method consists of each person working privately yet in the context of a group setting, the program affords considerable economies of scale and savings in terms of meeting the needs of large numbers of people within an organization.

Defining the Method

"The Intensive Journal method is not journal keeping nor introspective diary keeping, and it isn't writing therapy...it is the full scale active method of personal life integration for continuous and cumulative work."¹

Ira Progoff, PhD

Learn More

- www.intensivejournal.org
- Call 800-221-5844 for an information packet

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

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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 psychological growth, 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 your clients to move directly into their inner process, drawing forth emotions and experiences to become accessible and tangible for further development.

***Journal Feedback*TM 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 your clients step-by-step through the method in a contemplative atmosphere.

Non-judgmental and non-analytical approaches further the psyche-evoking process. Your clients become immersed in their own growth, drawing forth their 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 for issues to develop, protecting your clients 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."*²

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

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

1 "Notes on the *Intensive Journal*[®] Method and the Transitions of Life: a Program for Pastoral Use," by Ira Progoff, PhD., International Center for Integrative Studies, *Forum for Correspondence and Contact*, July 1978 (Volume 9, Number 4), pp. III 39-46.

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

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

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

5 "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 Spur Recovery From Trauma

The *Intensive Journal* method provides specific techniques through our integrated system of writing exercises to help your clientele in many ways:

Overcome Traumatic Experiences

- Explore traumatic events in a safe, supportive environment protected by total privacy, and nurtured by a group that provides an energy and momentum to move through issues.
- Learn ways of working with experiences from previous periods of life to obtain perspectives, insights and lessons for developing more integrated and meaningful lives.

Work Through Feelings of Pain and Guilt

- Access feelings and experiences to become more aware of behavior and attitudes. Become more expressive and grounded.
- Gain clarity and sense of peace to become better equipped for moving forward in life.
- Deal with powerful emotions in a safe, private, supportive, nonjudgmental atmosphere.
- Generate insights that are authentic and resonate because they are written by the user.
- Identify and process intense feelings to create greater serenity and improved relationships.
- Broaden awareness of new possibilities for an evolving and improved life.

Uncover Interests, Talents and Possible Projects

- Explore prior periods of your life to unearth interests and talents that may be ripe for development.
- Revisit prior decisions to explore missed or deferred opportunities.

Gain Momentum and Renewed Energy

- Avoid preconceived ways of thinking that create a stalemate by using the *Journal Feedback* process, a core feature of the method (see page 2).
- Develop next steps in major areas such as personal relationships, career, special interests, body and health, etc.

Use an Integrated Holistic Approach

- View specific issues within the context of one's entire life using Progoff's whole-life process (p 2); realize connections between areas of life using the *Journal Feedback* technique.
- Work through challenges as they arise over time; gain greater control and direction; learn a tool and structure to use throughout life.
- Use the method to complement other healing techniques and to deal with other emotional issues, such as depression.

Dr. Progoff Defines His Work in Psychology

"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." ⁵

Endorsement Statements from Survivors of Trauma

"In life, crises do happen, and when an extreme trauma occurred in my life, the Intensive Journal process was most significant in helping me to maintain balance and unravel some destructive painful confusion...At times when I experienced 'body flashbacks' of pain or trauma, dialogues [Intensive Journal exercises] allowed me to gain meaning and integration. Therapists often say, 'If you can feel it, you can heal it', and with that I kept moving forward in my recovery process using the method."

D Mathers

Author of Life History article "Recovering from Trauma"*

"As a survivor of years of childhood sexual abuse by my father, the overarching themes of my life have been survival, self-loathing, anxiety, depression, and loneliness....[The] Intensive Journal workshop [has been] a life changing experience for me....The Intensive Journal method helped me to access and develop these aspects of my life and broadened my awareness of new possibilities for me....I participated in a 12-week incest survivor group...My Intensive Journal workbook was an invaluable resource..., a place where I could express privately and safely, all the multi-layered emotions and insights that group experience provided..."

CS Rose

Author of Life History article "Healing from Sexual Abuse Using the Intensive Journal Method"*

"[After being struck by a semi-truck], the processes I learned [in the Intensive Journal workshop] have enabled me to address issues I had previously been unable to define, let alone to explore. I am learning to integrate the events in my life as part of a continuous journey instead of viewing them as circumscribed by the accident."

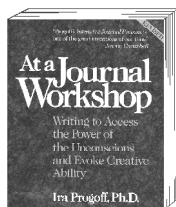
Liz S

Author of Life History article "Overcoming Trauma"*

* Complete write-ups of these excerpts are available at www.intensivejournal.org under the Life Histories section.

Award-Winning Book by Ira Progoff, PhD

Selected as one of the 65 most significant books on psychology & spirituality of the 20th 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:

- Nat'l Ass'n of Alcohol. & Drug Abuse Counselors (#456)
- Association of Social Work Boards #1036)
- National Wellness Institute
- International Coach Federation
- Illinois Dept of Fin. & Prof. Regulation (197.000213)
- Florida Bd of Clinical Social Work, Marr. & Family Therapy, & Mental Health Couns (50-14644 Exp. 3/21)
- California Board of Registered Nursing (CEP 15073)
- Ohio Board of Nursing recognizes other state approvals.

Visit Our Website - www.intensivejournal.org

Obtain a schedule of public workshops, description of workshops, articles and writeups, and background on Ira Progoff, PhD.

Ira Progoff, PhD: Creator

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