

Enhance the Coaching Process

using the **Progoff**

Intensive Journal[®] Program

- Decision Making
- Creativity
- Balanced Lifestyle
- Self-Awareness
- Issue Resolution
- Next Steps

"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

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal* program is an integrated system using writing exercises that can help coaches develop professionally and give their clients a tool for greater direction, clarity and purpose in their lives.

At our workshops, you learn key principles of Dr. Progoff's psychological approach to human development. Certified leaders guide you step-by-step through the exercises so that the theory and principles come alive.

Our program provides coaches with valuable skills as detailed in the International Coach Federation's (ICF) continuing education criteria to develop professionally. You learn techniques as applied to your life so you know how selected exercises can be used with clients. These techniques will help you:

- Develop your intuitive capacities;
- Work with a nonjudgmental, accepting approach;
- Shift perspectives and view issues from various angles;
- Enhance your listening skills;
- Help clients develop awareness;
- Stimulate your clients' involvement and resolution of issues in their lives;
- Promote your clients' self-discovery.

Intensive Journal workshops are an excellent resource for your clients' development to complement your coaching sessions.

Continuing Education Credits: see p 4

Approved in
Addiction counseling, nursing & social work;
Application filed with the International
Coach Federation - call for status

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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 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 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 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

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.

Develop Your Skills and Resources

The *Intensive Journal* method provides coaches with valuable skills and resources as described in the ICF's continuing education criteria to help you become more effective with your clients.

Develop Your Intuitive Capacities and Listening Skills

- Use our reflective process without judgment in a non-analytical framework to become more receptive to your intuitions and hunches.
- Heighten your ability to listen to and trust your inner process.
- Increase your attentiveness for recognizing many different facets of experience.

Strengthen Your Rapport and Relationship with Clients

- Accepting where a client is in their development process and then productively applying the *Progoff* methodology to help individuals develop their lives is a key facet of Progoff's approach for human development.
- Learn neutral ways of evoking clients' feelings, experiences and assessment of issues to generate insights and clarity. Respond in a non-judgmental and supportive way to spur the evoking process, building trust and confidence.

Help Clients See Intertelated Factors Using the *Journal Feedback* Process

- Apply the *Journal Feedback* process (see p 2) to deepen thoughts on a specific issue and then work in related areas of life in various exercises. Realize connections and relationships between various issues.

Facilitate Your Clients' Ability for Self-Discovery and Awareness

- Apply sample exercises to help clients discover for themselves new thoughts, perspectives, and emotions.
- Help clients shift their perspectives and uncover new possibilities for action.
- Apply multiple exercises from the structured workbook to help clients view issues from different perspectives.
- Use specific exercises to explore how possible decisions may work out in the future.
- Adopt approaches allowing clients to find answers for themselves in their own self-discovery process as they connect with their inner resources in a deepening process.

Use the *Intensive Journal* Method as a Key Resource for Client Learning

- Refer clients to *Intensive Journal* workshops, offering them an excellent way for their continued development. Clients gain a broad foundation on their lives using Progoff's whole-life approach (see p 2) providing a context to work through issues.

"As a Kaizen-Muse Creativity Coach and Licensed Professional Counselor, I will be forever grateful for the wonderful tools that I learned from the Progoff Intensive Journal training. My clients benefit deeply from writing to plumb the multi-dimensional layers of their lives and to access inner wisdom, intuition, balance and creativity. One of the most profound gifts of this program is to learn to live with the question "What is this life becoming?" as a way to navigate and trust the challenges and direction of our lives. I can think of no better depth training in the writing process that offers such invaluable resources to enrich one's personal and professional life."

**Cyncie Winter, MH, MA, LPC
Evergreen, CO**

Try a Sample *Intensive Journal* Exercise

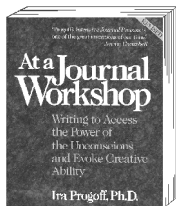
Now you can begin to experience how the *Intensive Journal* method works through a sample exercise. It is important to do the exercise in a setting of complete silence, with a pen and paper (not a computer), when you can relax and take your mind off your daily life. Record what comes to you; do not edit 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 and opportunities can reveal themselves.

Award-Winning Book by Dr. Ira Progoff

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:

- Application filed with the **International Coach Federation**; call for status.
- Nat'l Ass'n Alcoholism & Drug Abuse Coun (#456)
- Ass'n of Social Work Boards (#1036)
- National Wellness Institute
- FL Dept. Clinical Social Work (50-14644 Exp 3/21)
- IL Dept of Fin & Professional Regulation (197.000213)
- State approvals recognized by Ohio Board of Nursing
- California Board of Registered Nursing (CEP 15073)

For additional information, see our continuing education section of website or request our continuing education brochure.

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