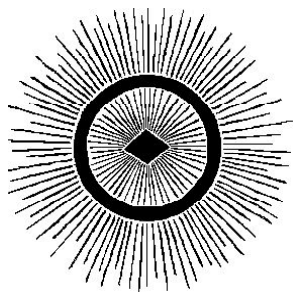


Develop Your Nursing Career



with the

Intensive Journal[®] Method

Continuing Education Credits

- Nursing
- Coaching
- Addiction
Counseling
- MFCC
- Social Work

Details on page 4.

*An integrated system using writing exercises
to develop professional skills*

"I thought I was "finished" in developing my career, but then, 13 years ago, I discovered the Intensive Journal process. It led me to a highly functional level of self-care/self-reliance which has served me superbly well in my professional practice and my senior administrative roles."

E Jane Martin, PhD, RN, FAAN

Professor and Former Dean, School of Nursing, West Virginia University

Program Overview

Experience an internationally recognized program, the *Intensive Journal* method, an integrated system using writing exercises that was developed by psychotherapist Ira Progoff, PhD. The method is grounded in principles of psychology that Progoff formulated as a research professor and therapist.

Work in total privacy as our certified leader guides you step-by-step through the exercises. Issues that are difficult to describe become tangible and accessible. Discover resources and possibilities you could not have imagined.

Intensive Journal workshops have been offered for 45 years. Use this dynamic and interesting program to develop your nursing career while obtaining continuing education credits.

Continuing Education Credits

- Ohio Board of Nursing - see page 4
- California Board of Registered Nursing

Call 800-221-5844

www.intensivejournal.org

Develop Your Nursing Career

Use the *Intensive Journal* method to:

- Reduce stress
- Prevent burnout
- Develop bereavement skills
- Enhance interpersonal skills
- Work through traumatic experiences
- Increase creative and intuitive abilities
- Expand counseling skills
- Develop career path

A tool to use throughout your nursing career!

Help us bring a workshop
to your health care institution

Intensive Journal Workshops

An Experiential Process to Develop Your Nursing Career

Learn Dr. Progoff's process through direct application and experience in your life. You can then use the method in an ongoing way to work through issues relating to your career and workplace.

3 Core Workshops

Part I: Life Context (LC): Foundations of the *Intensive Journal* Method. Prerequisite: None. Length: 10-12 hours

"...an excellent technique to facilitate the grieving and counseling process."

**Sandra Morgan, RN, BSN
California**

- Explain and define **basic rules** for using the *Intensive Journal* method and **principles of holistic depth psychology** that underlie the method.
- Use **Life Positioning** exercises to describe feelings and events about your nursing career and to develop the continuity in your professional development.
- Apply **Entrance Meditation™** techniques to reduce tension and access inner processes.
- Use and integrate **diary techniques** into the *Intensive Journal* process.
- Apply **Dr. Progoff's model of inner dialogue** to develop bereavement skills, work through work situations, and health/body issues.
- Recall and develop experiences of deep emotion and meaning.

Part II: Depth Contact (DC): Symbolic Images and Meaning. Prerequisite: LC workshop. 10-12 hours

"...an invaluable process to keep me centered in my career and to keep me focused on what is truly important."

**Jody Dick, RN
Kansas**

- Use Dr. Progoff's model of inner dialogue to explore **events or situations** in the **workplace**.
- Apply non-analytical methods for using **symbolic material**.
- Recall and develop **significant experiences** about your profession.
- Reappraise a **meaningful event** that can provide important lessons.
- Apply Dr. Progoff's model of inner dialogue to work through issues relating to the **health care industry**.
- Define and organize **issues** to synthesize **beliefs** and **priorities**.

Part III: Life Integration (LI): the *Journal Feedback™* Process: Integrating the *Intensive Journal* Process. Prerequisite: LC & DC, or LE workshops. 10-12 hours

- Explain and define the principles for using the **Journal Feedback process**.
- Develop and further organize **daily feelings about the workplace** through advanced feedback techniques.
- Apply the *Journal Feedback* Process to the *Dialogue Dimension* exercises.
- Use dreams and imagery as leads to other sections using the *Journal Feedback* Process.
- Apply the *Journal Feedback* Process to the *Meaning Dimension* exercises.

Intensive Journal Method

Practical Ways to Develop Your Nursing Career

Intensive Journal workshops provide a broad range of techniques for dealing with the dynamic challenges of your nursing profession.

Reduce Stress

- Resolve issues, gain new perspectives, write thoughts and describe emotions -- all reduce stress.
- *Entrance Meditation*TM readings provide a means for inner tranquility.

Prevent Burnout

- Reconnect with and deepen your passion for nursing, bringing renewed energy and focus.
- Identify and resolve issues that have created inner conflict and turmoil.
- Cope with the pressures of dealing with life threatening and traumatic situations.

Develop Bereavement Skills

- Deepen your relationship with and understanding of a deceased person, where Progoff emphasizes:
"Death ends a life, but it does not end a relationship."^{*}

Enhance Interpersonal Skills

- Learn ways to view issues from another person's vantagepoint.
- Enhance listening skills and intuitive abilities.
- Resolve issues to create a more positive and energetic viewpoint.

Work Through Traumatic Experiences

- Process your feelings from witnessing life threatening situations in the workplace.

Increase Creative and Intuitive Abilities

- Learn techniques for approaching issues from different perspectives.
- Connect with and trust your inner process.

Expand Counseling Skills

- Experience principles of holistic depth psychology to learn unique therapy techniques.
- Learn how individual *Intensive Journal* exercises provide innovative ways for clients to approach issues.

Develop Your Career Path

- Develop continuity and direction for your career.
- Identify skill areas and interests to pursue.

"The method empowers me to positively manage the stressful work environment. I see other perspectives more fully which helps me maintain my objectivity and to move forward."

**Charlotte Conway, RN, BS, IBCLC
Massachusetts**

Dr. Ira Progoff: Founder

Dr. Ira Progoff, a nationally recognized psychotherapist, was a leading authority on designing systematic approaches and techniques to foster human development.

As an university-based research professor and psychotherapist, 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.

"...a valuable tool to work through issues with peers in the workplace and patients by tapping into my own inner guidance."

**Andrea Kelso, MS, RN, CNS
Virginia**

^{*} Anderson, Robert (Screenplay), & Cates, Gilbert (Director). (1970), *I Never Sang for My Father* [Motion Picture]. New York, NY. Columbia Pictures Corporation.

Continuing Education Credits

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

Nursing

- Ohio Board of Nursing: state approvals by other organizations recognized in place of formal approval.
- California Board of Registered Nursing (CEP-15073)

Counseling

- Nat Assoc of Alcoh & Drug Abuse Counselors (#456)
- Illinois Dept. of Financial & Prof. Regulation (197.000213)

Coaching

- International Coach Federation

Marriage, Family and Child Counseling

- Florida (see below)

Social Work

- Association of Social Work Boards (#1036)

Recognized in AK, AL, AZ, CA, CT, DC, DE, FL, GA, HI, IA, IL, IN, KY, LA, MA, MD, MI, MN, MO, MS, MT, NC, ND, NE, NH, NM, OH, OK, OR, PA, RI, SC, SD, TX, UT, VA, VI, VT, WA, WI, WY

Canadian prov: AB, BC, MB, NB, NL, NS, SK

- Florida Bd. of Clinical Social Work, Marriage & Mental Health Couns. (50-14644-Exp. 3/21)

Wellness

- National Wellness Institute

Continuing Education Credits (contact hours)

| Length | Therapists* | Nurses | |
|--------|-------------|--------|------------|
| | | Ohio | California |
| 8 | 7.4 | 7.5 | 8.8 |
| 10 | 9.1 | 9.2 | 11.0 |
| 12 | 11.0 | 11.1 | 13.2 |

* Therapists include chaplains, counselors, employee assistance, and social workers.

Certified Program Leaders

Certified program leaders under the auspices of Dialogue House Associates conduct *Intensive Journal* workshops and seminars. They have completed the training program (Advanced Studies Program) and use guidelines of Dialogue House.

Attendance at workshops does **not** constitute completion of the training program to become certified and authorized to conduct *Intensive Journal* workshops.

Target Audience

The *Intensive Journal* method is suitable for chaplains, counselors, employee assistance professionals, nurses, and social workers. No particular speciality or experience is required.

ADA Policy

Workshops are held at locations that comply with the American Disabilities Act. Call 800-221-5844 for information.

Program Quality Issues

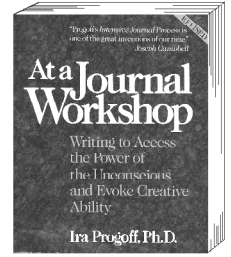
Any questions about the quality of the program should be addressed to Jon Progoff at 800-221-5844 or email info@intensivejournal.org.

Books and Audio by Dr. Progoff

Purchase Dr. Progoff's books and audio on:

- the *Intensive Journal* method
- *Entrance Meditation*™ techniques
- holistic depth psychology
- the work of C.G. Jung

Award-Winning Book by Dr. Progoff
Describes the *Intensive Journal* exercises and principles.



Course Agenda

Contact Dialogue House at info@intensivejournal.org or 800-221-5844 for a copy of the course outline or agenda.

Completion Requirements

To qualify for continuing education credits, participants must attend the entire program, and immediately following the program, satisfactorily complete the application, evaluation and test questions. The instructor will then send the paperwork to Dialogue House for review; certificates are then sent within four weeks of receipt.

Refund Policy

In the event that the workshop is cancelled, participants are entitled to a full refund. If a participant cancels, a \$35 nonrefundable deposit is forfeited from the tuition portion of the cost. If cancellation is within three weeks of the workshop, any room and meals portion may be forfeited depending upon the circumstances.

Continuing Education Approvals

Nursing

Ohio Board of Nursing recognizes the following approvals of Dialogue House: California Board of Registered Nursing (CEP-15073), Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (50-14644-Exp. 3/19) and the Illinois Dept of Fin. and Professional Regulation (197.000213).

Dialogue House is an approved provider of continuing education by the California Board of Registered Nursing (CEP-15073).

Counseling

Dialogue House is an approved provider by the National Association of Alcoholism and Drug Abuse Counselors (456).

Social Work

Dialogue House Associates (#1036), is approved as a provider for social work continuing education by the **Association of Social Work Boards (ASWB)** www.aswb.org, through the Approved Continuing Education (ACE) program. Dialogue House maintains responsibility for the program. ASWB Approval Period: 01/30/18-01/29/21. Social workers should contact their regulatory board to determine course approval.

Dialogue House Associates is approved to offer continuing education by **Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling** (50-14644-Exp. 3/19).

Additional Information

For additional information, please contact Jon Progoff at **800-221-5844** or see the continuing education section of www.intensivejournal.org