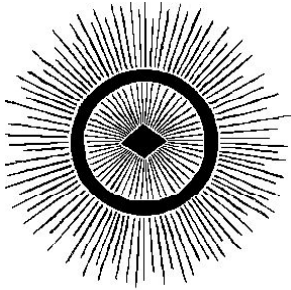


"...there is simply no other resource quite like it...one of the most useful experiences..."

Ruth Czirr, PhD

Techniques & Approaches for Therapists



Intensive Journal® Workshops & Seminars

Continuing Education Credits

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

Details on back.

An integrated system for ongoing psychological growth

using Dr. Ira Progoff's

principles of holistic depth psychology

Program Overview

Dr. Ira Progoff's *Intensive Journal* method has helped over 175,000 people of different backgrounds to develop more meaningful lives.

The method's carefully designed writing exercises are based upon Dr. Progoff's theories and approaches for psychological growth.

Dr. Progoff states the purpose of the method:

"The Intensive Journal method is not journal keeping, not 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

Call
800-221-5844
for details

Enhance the Therapy Process and Deal with Managed Care

Both therapists and clients can benefit from attending *Intensive Journal* workshops.

Therapists: Potential Increased Effectiveness

- Learn fresh processes for human growth to develop and integrate life experiences
- Broaden perspectives and intuitive abilities

Clients: Greater Participation Possible

- Uncover and develop issues and experiences
- Integrate selected exercises into sessions

Therapy Sessions: Help Lower Cost and Duration

- Sessions can be more productive
- Clients can work through issues faster

Post-Therapy: A Life-Long Tool for Self-Growth

Experience the *Intensive Journal* method in *your* life at a workshop.

Dialogue House Associates, Inc., 23400 Mercantile Road -Suite 2, Beachwood, OH 44122-5948

216-342-5170 Fax: 216-342-5168 E-Mail: info@intensivejournal.org website: www.intensivejournal.org

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Key Principles of the *Progoff*™ Approach

As a psychotherapist and university-based research professor, Dr. Progoff formulated his theories of psychological growth that he termed "holistic depth psychology" by which persons are able to:²

Develop Resources within Individuals for Growth

- Progoff focused on understanding the processes by which growth takes place and devised procedures to facilitate that growth.

Reconnect with Inner Strengths and Capacities

- Holistic depth psychology supports the integrative unfolding principle taking place within a person.
- Focus is on what each life is trying to become, its unique seed potential or inherent nature.
- Therapy and healing are by-products of the growth process.

Employ the "Whole Life" Approach

- Working through issues within the context of an entire life provides important benefits of perspective and safety.
- Greater awareness about a wide range of experiences creates a foundation for more sound decision-making.
- Viewed in a wider context, issues become more manageable.

Utilize an Evocative / Non-Analytical Methodology

- The inner integrative process comes forth from an individual's inner self rather than from an externally imposed method.

Focus on Inner Development

- The most direct and penetrating insights come from the depths of the psyche and not from intellectualization at the surface.
- The crucial question is neither what, nor how, but where the work takes place. "Where" means at what depth in the psyche the personality is focused.

Integrate Symbolic Material, the Source of Potential

- Human personality unfolds by way of images. Participating in the movement of deeper-than-conscious material can provide a rich resource from which ideas and actions unfold.

Offer a Means for Direct Inner Experience

- Individuals require ways of experience to discover meaning for themselves.

"A major part of the meaning of life is contained in the very process of discovering it...
The meaning of life cannot be told; it has to *happen* to a person..."¹³

Ira Progoff, PhD: Founder

Ira Progoff, PhD, a nationally recognized psychotherapist, was a leading authority on designing systematic approaches and techniques to foster psychological growth.

Dr. Progoff developed his innovative philosophy of human development as a professor, practicing psychotherapist and author. He then created the *Intensive Journal* method to provide people with a practical means to develop their lives.

He is the author of fourteen books on depth psychology, the *Intensive Journal* method, and related subjects. Dr. Progoff is the creator of holistic depth psychology.

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 The books of Ira Progoff, Ph.D. that discuss the principles of holistic depth psychology are: *Death and Rebirth of Psychology*, *Depth Psychology and Modern Man*, *The Symbolic and the Real*, and *The Dynamics of Hope*.

3 *The Symbolic and the Real*, by Ira Progoff, PhD., McGraw-Hill Paperback Edition, pp. 13-14.

Intensive Journal Workshops

Experiencing Techniques and Approaches for the Therapy Process

Learn Dr. Progoff's process for individual growth through direct application and experience in your life. The workshops are an effective and practical way to understand the benefits of the *Intensive Journal* method and obtain an experiential grounding in holistic depth psychology. You are learning how to apply these valuable techniques and approaches in your therapy practice.

3 Core Workshops

Part I: Life Context (LC): Foundations of the *Intensive Journal*

Method. Prerequisite: None. Length: 10-12 hours

- 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 gain a perspective on life.
- Integrate **diary techniques** into the ongoing life process.
- Apply **Entrance Meditation™** techniques to access inner processes.
- Utilize Progoff's **model of inner dialogue** to deepen understanding of major areas of life.

"...the process has tremendous potential to facilitate psychotherapy."

Rob Woodman, PhD

Part II: Depth Contact (DC): Symbolic Images and Meaning.

Prereq. LC workshop. 10-12 hours

- Utilize additional applications of Progoff's model of **inner dialogue**.
- Apply non-analytical methods for using **symbolic material**.
- Use depth techniques for connecting with **inner process**.
- Recall and develop significant **experiences of meaning**.
- Reappraise a **meaningful event** that can provide important lessons.
- Apply advanced **meditation techniques**.
- Define and organize **issues** to synthesize **beliefs** and **priorities**.

"Prior to this workshop, I often assigned 'journaling' to clients with minimal results. Now I am able to be much more specific...clients gain more and are empowered."

Dawn Harris, EdD

Part III: Life Integration/*Journal Feedback*™ Process: Integrating the Life Process. Prereq: LC & DC workshops. 10-12 hours

- Explain and define the principles for using the ***Journal Feedback* process**.
- Use the **daily log** function to stimulate the *Journal Feedback* process.
- Apply the *Journal Feedback* process to the ***Life/Time Dimension***.
- Apply the *Journal Feedback* process to the ***Dialogue Dimension***.
- **Use dreams and imagery** as leads to other sections using the *Journal Feedback* process.
- Apply the *Journal Feedback* process to the ***Meaning Dimension***.

"The Intensive Journal method...can be used repeatedly, effectively in short-term therapy and can make the course of therapy briefer."

S Karla Aadland, PhD

Overview



Introduction to the *Intensive Journal* Method (2-7 hours)

- Experience selected exercises and unique workshop atmosphere.
- Obtain an overview of theory and principles.

Once you have experienced the potential of the *Intensive Journal* method, expand your knowledge by attending our more in-depth workshops.

Continuing Education Credits

Dialogue House is an approved provider by:

Counseling

- Nat Ass'n of Alcoh & Drug Abuse Counselors (456)
- Illinois Dept. of Fin & Prof Regulation (197.000213)

Coaching

- International Coach Federation

Marriage, Family and Child Counseling

- Florida (see Social Work 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 & Family Therapy, & Mental Health Couns (50-14644 - Exp. 3/21)

Nursing

- California Board of Registered Nursing (CEP 15073)
- Ohio Board of Nursing - Other state approvals recognized. Call 800-221-5844 or see www.intensivejournal.org - continuing education

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 counselors, employee assistance professionals, marriage and family, counselors, 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 seminars and workshops does **not** constitute completion of the training program to become certified and authorized to teach the program and to lead *Intensive Journal* workshops.

Target Audience

The *Intensive Journal* method is suitable for counselors, employee assistance professionals, marriage, family and child counselors, nurses, psychologists and social workers at all levels of experience and skill. No particular specialty or experience is required.

Additional Information

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

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

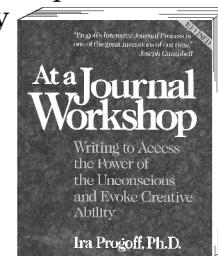
Purchase Dr. Progoff's books and audio on:

- 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.



ADA Policy

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

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.

Course Agenda

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

Dealing with Stressful Emotions

Stressful emotions that arise in the workshop are dealt with by the safe, respectful process of the *Intensive Journal* method and non-judgmental trained facilitator.

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.

Details on Continuing Education Approvals

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: 01/29/18-01/29/21. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in a 12 hour course will receive 11 clinical continuing education clock hours.

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

The National Wellness Institute (NWI) has approved Dialogue House Associates to offer continuing education hours for NWI certification holders."

