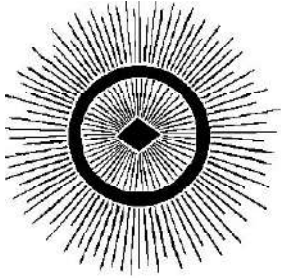


Enhance Your Retirement

using the

Progoff Intensive Journal[®] Program



- Perspectives
- Creativity
- Balanced Lifestyle
- Meaning
- Issue Resolution
- Fulfillment

"The Intensive Journal[®] process is the place where we do the creative shaping of the artwork of our life."

Ira Progoff, Ph.D.

The Transition of Retirement

Retirement is one of the big transitions in life. Being retired is perhaps now a reality for you, no longer a distant situation in your future.

Many aspects of our life change: daily routine, priorities, how we think of ourselves, and how others relate to us. Major financial adjustments and planning may be necessary. We may need to reassess where we live. Family concerns may be especially relevant.

Our emotions and thought process are stirring during this time of change. We realize that we are entering another distinct phase of life that offers great promise and possibilities, but is filled with challenges and uncertainty.

We want our retirement to be special and meaningful, but how do we decide what to do? How do we get a handle on all of the different aspects of our life?

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal*[®] program is an integrated system using writing exercises to give your life greater direction, clarity and purpose. At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy.

You will learn a unique way to take stock of the many facets of your unique life: family relationships, accomplishments, interests, concerns, and priorities. From this foundation, you can take steps to develop a cohesive plan for developing your retirement.

Learn More

visit our website www.intensivejournal.org

Call 800-221-5844

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 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 and tangible for further development.

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

***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.

*"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

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.

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

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.

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.

Practical Ways to Develop Your Retirement

The *Intensive Journal* method provides specific techniques through our integrated system of writing exercises to help you:

Describe your transition to retirement

- Deal creatively with change. Retirement can bring great change in many ways: your daily routine, how you relate to and impact others; financial concerns; priorities and interests.
- Describe each of these areas that comprise this new phase of your life as you move into your new reality.

Explore and develop interests

- Review the rich history of your life to discover missed or deferred opportunities. Uncover and explore interests, talents and possible projects that may be ripe for development now that you are retired.

Define and clarify your priorities and values

- Define your priorities and values. Notice how they may have changed and the implications for each area of your life.
- Answer the question: what brings you meaning?

Connect with body and health Issues

- Develop a deeper understanding of the aging process. The body can be a rich source of wisdom in many areas of our life that can lead to changes in our behavior and life style.

Deepen your connection to personal relationships

- Explore and perhaps enhance family relationships, which can be an important part of a meaningful retirement.

Define your life style

- Adapt your daily routines and activities in response to the sea change of retirement. What life style do you want to achieve the objectives of your retirement?

"I have used the Intensive Journal method for 30 years. The process continues to be as meaningful and helpful as ever with the decisions and choices of my retirement years. It is wonderful to be able to use all the threads of my many life experiences to continue weaving the tapestry of my life."

Dorothy D'Ambrogia

"Retirement was a big transition for me. Using the Intensive Journal process helps me take stock of my life, identify interests that I want to pursue, and make sense of new situations. The workshop was a tremendous help."

Judith Smith Wilkinson

"Participating in the Intensive Journal workshops was a life-changing experience. It was the first time I had really sat down for an extended period of time and explored major events in my life and what meaning they have had for me. As I became familiar with the process, I began to feel a sense of perfect freedom knowing that no one would ever see what I was writing. As the workshop went on, my workbook became filled with memories I had forgotten. As I reread them, I found many unexpected connections. The program provides an excellent guide toward self-discovery and has been of great assistance in my transition from full-time employment to retirement."

Richard Williams

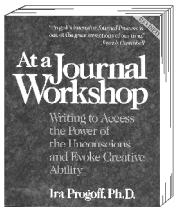
Try a Sample *Intensive Journal*[®] Exercise

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 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

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 an 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.

Continuing Education

Dialogue House is an approved provider of continuing education for counselors, nurses and social workers by:

- Association of Social Work Boards (1036)
- Nat Ass'n of Alcoholism & Drug Abuse Counselors (456)
- National Wellness Institute
- International Coach Federation
- California Board of Registered Nursing (CEP 15073)
- Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling (50-14644 exp 3/21)
- Illinois Dept of Financial & Prof Regulation (197.000213)
- State approvals recognized by the Ohio Board of Nursing.

Call for brochure with details or see continuing education section of our website.

Visit Our Website - www.intensivejournal.org

Obtain a schedule of public workshops, description of the workshop, articles and writeups, background on the creator (Ira Progoff), and much more.

Bring a Workshop to Your Community

Intensive Journal[®] workshops are hosted by educational, spiritual and community organizations that can organize a group of about 15 participants. To learn how your group can host a workshop, contact Jon Progoff at **800-221-5844**.