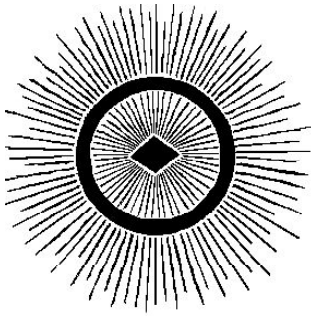


"Pride in self leads to pride in work."

Ira Progoff, PhD



Enhancing the Quality of the Workforce

*using the ProgoffTM Methodology
for Psychological Growth*

*A powerful and
effective
process for
transformation*

- **Pride**
- **Awareness**
- **Confidence**



- **Productivity**
- **Advancement**
- **Teamwork**

Program Overview

Created by psychotherapist Ira Progoff, PhD, the *Intensive Journal* program can provide your clients with a powerful and direct method for psychological growth.

Our nationally-recognized program will help people entering the workforce to achieve major changes in their attitudes and behavior. Clients find answers for themselves that will have a lasting effect.

The *Intensive Journal* program uses writing as a means for accessing personal experiences and emotions, offering an integrated method for ongoing growth. Our program has a 45-year history of helping over 175,000 people.

*Change your clients' attitudes -
Equip them to enter the workforce*

An Agent for Fundamental Change

"One of the most striking features is how quickly the masks and barriers sculpted by the participants tended to fall away, thus allowing for self understanding and growth..."

Harvey Shrum, Ed.D.
Folsom State Prison-California
Reentry Coordinator

"I have seen women who present a very gruff and rough exterior to the world show a very different side, at sometimes great personal risk."

Terri McNair
Bedford Hills Correctional Facility
Family Violence Prevention Coord.

Dialogue House Associates, 23400 Mercantile Rd - Suite 2, Beachwood, OH 44122-5948
216-342-5170 / FAX: 216-342-5168 E-Mail: info@intensivejournal.org www.intensivejournal.org

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Implementing the *Progoff*™ Methodology Through the *Intensive Journal* Method

The *Progoff*™ methodology is designed to further the processes of growth by helping people connect with and strengthen their inner capacities for developing their lives. Through this process, they can work through important issues which will enhance performance in a job training program.

***Intensive Journal* Workbook: Mirroring the Growth Process**

The structure of sections and corresponding writing exercises in the *Intensive Journal* workbook mirror the subjective process taking place in personality development. Designed with minimal terminology, these procedures provide the means for moving directly into the inner process and drawing forth emotions and experiences to make them accessible and tangible for further development.

***Journal Feedback*™ Technique: An Active Dynamic Process**

Structured as an active and evocative instrument, the *Intensive Journal* workbook helps your clients generate energy and momentum to propel them forward through cumulative ongoing entries.

Through the *Journal Feedback*™ process, clients 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.

Inner Development: Evoking Your Clients' 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 a direct experience in their lives. Certified trainers guide your clients step-by-step through the method in a contemplative atmosphere.

Non-judgmental and non-analytical approaches further the psyche-evoking process. Participants 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, providing a protection from premature judgments.

Dr. Progoff's Philosophy

*"The frustration of potentiality is the root of neurosis. The implications of this view are large. Persons are not a bundle of repressions but ...of possibilities and the key to therapy lies in reactivating the process of growth."*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

"I observed how quiet it was. The journal had gripped not only me: everyone was lost in the adventure toward self...Something had been opened in each of our lives."

Charles H. Evans, II³

1 Atlantic Monthly, "The Psychology of Personal Growth," by Ira Progoff, July 1961, p. 103.

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

3 Fellowship in Prayer, "Awakening Behind the Walls in an *Intensive Journal* Workshop," October, 1986, pp. 43-46.

Practical Ways to Enhance Job Performance

As participants use the *Intensive Journal* method, they develop new perspectives on their lives, giving them the ability to grow as individuals. Your clients can become more productive, responsible and confident.

Fostering Self-Improvement

- By connecting with their unique life experiences, they are able to access and develop their inner strengths and capacities, and gain life-changing insights and perspectives.
- Clients move from a state of denial and avoidance of painful feelings and experiences to greater recognition and acceptance. They learn to trust their own inner process and are better able to address powerful issues that had previously resulted in anger, hostility and frustration.

Statements From Trainees

"I've changed, I've accepted responsibility. I worked out a lot of hostility."

R.L., 25

Developing Vocational Interests and Skills

- As clients realize their potential, they become empowered and gain greater self-confidence. Clients become more interested in obtaining and developing a vocation.

"Now with the Journal, I don't doubt myself, because I know I can do it- and I'm going to do it."

C.L., 27

Changing Attitudes and Behavior

- Greater awareness of their behavior and how they interact with others can lead to major changes: patience, maturity, confidence. Through enhanced interpersonal skills, key aspects of their lives improve, including family relationships and performance in training programs.

"I found that by hating someone or something, I was only hurting myself."

V.F., 29

Increasing Cooperation and Tolerance Among Employees

- As participants look deeper into themselves, many realize storing hatred is detrimental. They recognize the value of tolerance and cooperation, leading to a more productive workforce.

New York State Department of Labor - Job-Training Research Findings

Dr. Progoff showed how the *Intensive Journal* program can be successfully employed in conjunction with a job training program at a geriatric center to produce above-average rates of job performance, retention and promotion. Dr. Progoff summarizes the reasons:

"The ultimate poverty is a person's lack of feeling for the reality of his own inner being. People in poverty situations tend to feel they are powerless to change their circumstances...The answer to poverty lies in making it tangibly possible for a person to experience the fact that he or she is a person....When the trainees reread what they have written in their Journals...the trainees become aware of their capacities, and realize that they are indeed persons and that they need live in poverty no longer."

Source: The New York State Department of Labor Job-Training Program: Applying the *Intensive Journal* Method

Articles

Call 800-221-5844 to obtain articles which describe the program's benefits in helping your clients in:

- **Job Training and Retention:** Dr. Progoff's research shows how unskilled workers can use the method to excel in their job. "The New York State Department of Labor Job-Training Program: Applying the *Intensive Journal* Method." www.intensivejournal.org/info/articles.php
- **Substance Abuse Treatment:** These articles show how the method can be used to work through issues that contribute to substance abuse addictions. "Overcoming Addictions: The *Intensive Journal* Method and Twelve-Step Programs," by Beverly A.; "Overcoming My Addiction," by Patricia Burns. see www.intensivejournal.org/info/lifeHistories.php
- **Prisoner Rehabilitation:** "No Longer Theory: Correctional Practices That Work," Harvey Shrum, EdD, *Journal of Correctional Education*, Vol 55, No. 3, September, 2004, pp. 225-235. www.intensivejournal.org/info/articles.php

Continuing Education

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

- Association of Social Work Boards (#1036)
- Nat. Ass'n of Alcoholism & Drug Abuse Counselors (#456)
- National Wellness Institute
- Application filed with International Coach Federation; call for status.
- California Board of Registered Nursing (CEP-15073)
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-14644-Exp 3/31/21)
- Illinois Dep't of Fin. & Prof. Regulation (197.000213)
- Ohio Bd of Nursing recognizes our state approvals.

Call 800-221-5844 for brochure about details or see continuing education section of www.intensivejournal.org

How to Begin

Please contact us at 800-221-5844 to learn more about the method and to discuss your organization's needs.

- ➔ **Verify the benefits for yourself.** Experience the method in your own life at our workshops to realize the program's value.
- ➔ **Minimal commitment and risk.** You can proceed one step at a time with a limited commitment of resources. Workshops are typically twelve hours in length and conducted over two days.

Ira Progoff, PhD: Founder

Dr. Ira Progoff, 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 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.

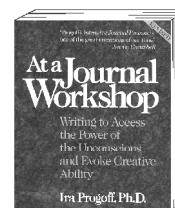
Books and Audio

by Ira Progoff, PhD

Purchase Dr. Progoff's books and audio CDs on:

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

Award-Winning Book by Dr. Ira Progoff



Describes the *Intensive Journal*[®] exercises and principles.

\$19.95 (plus shipping)

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

Source: Common Boundary. "Simply the Best," Jan.-Feb., 1999.

