



# Progoff™ Program for Ministry Development

## Intensive Journal® Method for Experiential Growth

*"The ultimate task of psychology is to re-establish a person's connection to the sustaining and creative forces of life...through an experience of meaning and spiritual authenticity in the inner life."*

**Ira Progoff, Ph.D.**

### Program Overview

The Progoff™ methodology provides your ministry staff with an integrated system for psychological and spiritual growth.

Created by Dr. Ira Progoff, a depth psychologist and accomplished author, the *Intensive Journal* program provides a practical way for your ministerial staff to grow personally and professionally, and offers an excellent resource for congregations they serve. Leading spiritual centers, seminaries, and universities have endorsed and sponsored our program over our 40-year history.

Using writing as a means for accessing personal experiences and emotions, the deepening atmosphere and unique structure of the *Intensive Journal* exercises provide the opportunity for profound inner experience.

### A Tool For Clergy Self-Care

*"Some people find working with their thoughts and feelings through the written word to be their most profound spiritual discipline. One of the most popular, and most profound, is the Intensive Journal developed by Ira Progoff..."*

*"I encourage you to attend a Progoff workshop...I found the workshop to be a wonderful time to pull together the ragged edges of my life. If you can't attend a workshop, get a copy of Progoff's book At a Journal Workshop ....for some of you this discipline will open many doors to your inner life."*

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**Call 800-221-5844 for details about attending  
or sponsoring our program. Join our mailing list for updates.**

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## Integration on Two Levels

- ♦ **Psychology and Spirituality.** Dr. Progoff was at the vanguard of psychology in advocating the importance of spirituality as a necessary component of psychological growth. He stated that developing the *Intensive Journal* method  
*"fulfilled a goal of holistic depth psychology to provide an integrative method by which the psychological and spiritual can be experienced as two sides of the same coin."*<sup>1</sup>
- ♦ **Theory and Practice.** The *Progoff* methodology consists of an integrated package, containing the theoretical basis psychological and spiritual growth, combined with its practical implementation through the *Intensive Journal* method.

## Implementing the *Progoff*™ Methodology Through the *Intensive Journal* Process

The *Progoff*™ methodology is designed to further the processes of growth by helping people connect with the movement of their lives and strengthen their inner capacities for self-development.

### ***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 participants generate energy and momentum to propel them forward through cumulative ongoing entries.

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.

### **Dr. Progoff's Philosophy**

*"... the net result of modern psychology has been to reaffirm man's experience of himself as a spiritual being."*<sup>2</sup>

*"The Intensive Journal work is indeed a type of prayer and meditation...in the midst of the actuality of our life experiences."*<sup>3</sup>

*Continued on page 4*

1 *The Practice of Process Meditation*, by Ira Progoff (Dialogue House Library, 1980), page 20.

2 *The Death and Rebirth of Psychology*, by Ira Progoff, page 3.

3 *At a Journal Workshop*, by Ira Progoff, (1992 rev. ed Penguin Putnam), page 8.

# A Valuable Tool for Church Ministry

The *Intensive Journal* method can enable your ministry staff to develop personally and professionally, while offering a valuable resource for your congregation.

## Enhancing Personal and Spiritual Growth

- Develop and integrate your own life to be in balance with your personal needs, faith and congregation.
- Deepen your inner relationship with God, opening up new visions and adding a dynamic power, in the context of your entire life.

## Develop Professionally

- Clarify relationships with other clergy and members of the congregation. View issues from different perspectives as a means of facilitating dialogue and decision making.
- Strengthen your vocation in ministry by becoming more intimately connected with your beliefs and theology.

## Fostering Spiritual Growth of Your Congregation

- Enhance your interpersonal communication with the congregation, leading to their greater interest and involvement.
- Gain an important complement to counseling, where individuals work through issues on their own, becoming more involved in their self-development and lessening the pressures on counseling staff.
- Enhance reflection and renewal in the congregation through this effective program for spiritual retreat.

## Endorsements

*"Learning the Intensive Journal method greatly enriched my personal development and gave me the means to discover new spiritual insights..."*

**Bishop Bennett J. Sims**

Bishop Emeritus  
Episcopal Dioceses of  
Atlanta

*"Ira Progoff's Intensive Journal method is just such a link between our inner renewal and the outer life of the priest."<sup>1</sup>*

**Rev. John McMurry, Ph.D**

Retired Director, St. Mary's  
Spiritual Center  
Baltimore, MD

*"[I] have found the Intensive Journal [method] to be extremely versatile...using it to focus and clarify almost every aspect of my life and work while still keeping the whole movement of my life in view. My ministry to others has been enhanced greatly,...the Intensive Journal method has enabled my own growth and development and...I have found good use for its principles and methods....new dimensions of faith and relationship to God [have opened up] through the depths of my own journey to discover my own inner resources as a child of God, and to better perceive the way that God has been active in my life...."<sup>2</sup>*

**Rev. Dr. James D. Miller**

**Trinity United Church of Christ, Mt. Penn, Reading, PA**

1 "Blueprint for a Spirituality of Experience: Spiritual Renewal of the American Priesthood in Dialogue with Progoff's *Intensive Journal Method*," by Rev. Dr. John McMurry, S.S., *The Priest*, Nov. 1988, Vol. 44, No. 11, pp. 38-48.

2 "The Intensive Journal: A Tool for Ministry" (Doctor of Ministry Thesis), by Rev. Dr. James D. Miller, Lancaster Theological Seminary, 1979., pp. 218-19.

## 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 a direct experience in your life. Certified trainers guide you 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.

## Process Meditation™ Procedures for Spiritual Growth

Process Meditation methods provide an integrated set of procedures for deepening inner experience in the context of your entire spiritual life. They provide an ongoing spiritual discipline for working actively and systematically at an inner level reaching toward an experience of greater meaning.

## Articles

Call 800-221-5844 (or see [www.intensivejournal.org/info/articles.php](http://www.intensivejournal.org/info/articles.php)) to obtain articles which describe the program.

- "The *Intensive Journal* Method: A Tool for Ministry" by Rev. Dr. James D. Miller.
- "Blueprint for a Spirituality of Experience: Spiritual Renewal of the American Priesthood in Dialogue with Progoff's *Intensive Journal* Method," by Rev. Dr. John McMurry, S.S., The Priest, Nov. 1988, Vol. 44, No. 11, pp. 38-48.

## Continuing Education

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

- Association of Social Work Boards (#1036)
- International Coach Federation
- Nat. Ass'n of Alcohol & Drug Abuse Counselors (#456)
- National Wellness Institute
- 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)
- California Board of Registered Nursing (CEP-15073)
- State approvals recognized by the Ohio Board of Nursing

Call 800-221-5844 for brochure about details or see continuing education section of [www.intensivejournal.org](http://www.intensivejournal.org)

## Dr. Progoff's Philosophy

*"Intensive Journal approach... deepens the level of experience and this draws an individual into contact with the profound sources of inner wisdom.."<sup>1</sup>*

*"People become sensitive to the elusive thread of their lives when they have a definite way of working with them."<sup>2</sup>*

## 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 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.

1 *At a Journal Workshop*, by Ira Progoff, (1992 rev. ed Penguin Putnam), page 7.

2 *At a Journal Workshop*, by Ira Progoff, (1992 rev. ed Penguin Putnam), page 225.