

Develop Your **Chaplaincy Skills**

***Intensive Journal[®]* Method for Experiential Growth
& the ProgoffTM Approach to Psychological 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.

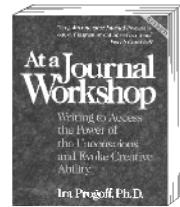
Program Overview

The ProgoffTM methodology provides you with an active ongoing practical tool for dealing with the challenges and pressures of serving as a chaplain.

Created by Dr. Ira Progoff, a psychotherapist and accomplished author, the *Intensive Journal* program provides a practical way for chaplains to grow personally and professionally. Leading spiritual centers, seminaries, and universities have endorsed and sponsored our program over our 45-year history.

Using writing as a means for accessing personal experiences and emotions, the deepening atmosphere and unique structure of the *Intensive Journal* exercises help you develop greater awareness, reflect on specific issues, and view situations from different viewpoints.

**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.

Call 800-221-5844 for details about attending or sponsoring our program.

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An Integrated Practical System

- **Integration of 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."¹
- **Practical Applications in Chaplaincy.** The *Intensive Journal* method can help you assist persons in the bereavement process; review and develop your call to serve in chaplaincy; cope with the pressures of the workplace; enhance your listening skills, and work through issues in your personal and professional life.

The skills I learned in Intensive Journal workshops served me invaluably as a hospital chaplain. I found myself more able to name and address the unaddressable in the midst of the thick of life. In my reflective time, I used the method to "find voice for that which speaks as 'deep to deep.'"

Patricia P. Smith, Board Certified Chaplain, Ret.

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

The *Progoff*TM 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.

Dr. Progoff's Philosophy

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

***Journal Feedback*TM 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*TM 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.

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

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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.

Intensive Journal® Workshops

Learn Dr. Progoff's process of individual growth through direct application and experience in your own life. The workshops are an effective and practical way to understand the benefits of the *Intensive Journal* method and obtain a grounding in holistic depth psychology.

Use a Leading Methodology For Writing and Self-Reflection

- Apply an integrated system that deepens the reflection process in a sustained contemplative atmosphere for awareness and perspectives.
- Utilizing sound theoretical principles of psychology, the *Progoff* methodology provides proven techniques to use in your institution.

Foster Self-Awareness in the Workplace

- Use specialized exercises that are designed to make tangible and accessible details of issues for further assessment and review.
- Learn ways to approach issues from different perspectives to be more effective working in an interdisciplinary team environment.
- Become more attentive and observant of situations as you work through details of issues over time.
- Access deeper-than-conscious levels, a key way to build intuitive capacities.
- Become more expressive through use of the writing exercises.

Develop Ministry and Pastoral Counseling Skills

- Use the method to access capacities and develop skills as a minister. The program is recognized as an effective tool for ministry,¹ having a strong emphasis upon spiritual growth.
- Access beliefs using a neutral process without dogma, well-suited for working in an interfaith setting.
- Learn an important complement to counseling, providing approaches that are especially helpful for people in crisis.
- Gain awareness about how attitudes, values, assumptions, strengths and weaknesses affect pastoral care ministry.

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."

Reprinted from **Clergy Self-Care** by **Roy M. Oswald**, with permission from the **Alban Institute**. Copyright © 1991 by The Alban Institute, Inc. Herndon, VA. All rights reserved. pp. 100-102.

[T]he Intensive Journal method and Progoff's embodiment of his holistic depth psychology in the Intensive Journal process have been my major theoretical and structural approach to awareness, life, and ministry. As a priest, chaplain, and minister, I have found that the method can provide a comprehensive approach for bringing my life together...and providing strategies for working through relationships, meaning in life, and depth experiences. I particularly recommend the Intensive Journal method for all involved in ministry and human services.

Rev. Msgr. Gerald Koos, Ph.D.

**Certified Chaplain Advanced, National Assoc. of Catholic Chaplains, Retired
Former Staff, Chaplain, Hamot Medical Center, Erie, PA**

¹ "The *Intensive Journal*® Method: A Tool for Ministry" (Doctor of Ministry Thesis), by Rev. Dr. James D. Miller, Lancaster Theological Seminary, 1979, pp. 218-19.

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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 participants 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.

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.

Bring Our Program to Your Institution

Dialogue House has conducted programs at many institutions.

- **Health care:** There are many possible audiences to help patients and their families including:
 - Major illness: cope with the emotional aspects of having major illness;
 - Bereavement: overcome the loss of a loved one;
 - Addiction and depression: deal with underlying issues contributing to illness;
 - Life style: work through issues (e.g. weight, stress) contributing to illness.
- **Military:** Our program can help military personnel and their families deal with the deep stresses and strains of service, including trauma.
- **Correctional:** We have conducted hundreds of workshops in correctional facilities, producing dramatic positive changes in the behavior and attitudes of offenders.

Please note that fees are considerably less than our prices charged at public workshops.

Learn More

Visit our website www.intensivejournal.org

- Schedule of public workshops
- Description of workshop experience
- Articles
- Ministry section

Continuing Education

Dialogue House 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)
- Florida Board of Clinical Social Work, Marriage and Mental Health Counseling (50-14644 - Exp. 3/21)
- Illinois Dept of Fin & Prof'l Regulation (197.000213)
- California Board of Registered Nursing (CEP-15073)
- Above state approvals recognized by Ohio Board of Nursing

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.