

# Intensive Journal Workshop

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Both fiction and non-fiction are covered, spanning different genres (e.g. science fiction, fantasy, thrillers, romance) and types (e.g. novels, comics, essays, textbooks).

### Intensive Journal Workshop

The Intensive Journal Method is an integrated system using writing exercises in a setting of privacy and quiet. More than "journal writing", our method is based upon principles of psychology, providing you with unique approaches to develop your life. The Intensive Journal method is recognized as the leader in self-development writing programs.

### Progoff Intensive Journal Program | For Self-Development

If you or a sponsoring organization (growth center, church, writers group) can organize a group of about 15-20 people, we can bring an Intensive Journal workshop to your area. Sponsoring a program entails providing the site, promoting the program and registering participants. Sponsors earn a percentage of the revenue.

### Progoff Intensive Journal Program | For Self-Development

This workshop covers about half of the exercises in the Intensive Journal workbook. Develop an inner perspective on the movement of your unfolding life process. Gain greater awareness of the continuity and direction of your life as it reveals what it is trying to become.

### Progoff Intensive Journal Program | For Self-Development

Online Workshops; About Us. The Founder: Ira Progoff; Dialogue House Associates, Inc; About the Method. Overview; Intensive Journal Workbook; Journal Feedback Process; Features and Principles; Dreams and Imagery; Entrance Meditation; Whole-Life Process; General Workshops. About the Workshops; Workshop Modules; Schedules and Locations; Start a ...

### Progoff Intensive Journal Program | For Self-Development

Learn the theories behind the Intensive Journal- Prerequisites-Life Context: PRE: Intro Course: Experience a sampling of Intensive Journal exercises - Prerequisite - None: Notice: Online Workshops. The "location" for our online workshops using Zoom means that the primary source of participants will likely be from that area.

### Progoff Intensive Journal Program | For Self-Development

Dr. Progoff conducted numerous Intensive Journal workshops throughout the United States and Canada. Through this process, he was able to develop the Method further. In 1975, he completed the award-winning book, *At a Journal Workshop*, which articulates both his theory of personal and

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spiritual growth and how to use the Intensive Journal Method

### **Progoff Intensive Journal Program | For Self-Development**

Ira Progoff's purpose in creating the Intensive Journal workshops on which this book is based was to give others a language and a process for reflecting on and deepening the meaning of their lives. We have many tools handed to us in *At a Journal Workshop* -each with a specific shape and function, and each with a full set of instructions on its use.

### **At a Journal Workshop: Writing to Access the Power of the ...**

The intensive journal method is a psychotherapeutic technique largely developed in 1966 at Drew University and popularized by Ira Progoff (1921-1998). It consists of a series of writing exercises using loose leaf notebook paper in a simple ring binder, divided into sections to help in accessing various areas of the writer's life.

### **Intensive journal method - Wikipedia**

His best-known book, *At a Journal Workshop*(1975), is the basic text and guide to the application of what he called the "intensive journal process." It still stands as the best, most complete work in the entire ever-expanding library of journaling guides.

### **Life Examined - The Progoff Intensive Journal Process ...**

Intensive Journalmethod in the mid-1960's and 1970's to provide a way to mirror the processes by which people become dynamic and develop themselves." (from [www.intensivejournal.org/Progoff/bio.htm](http://www.intensivejournal.org/Progoff/bio.htm)) The Intensive Journalmethod is best learned by doing, and journal workshops (described by Kaiser in *The Way of the Journal*) are

### **Intensive Journal Intro -- Wright**

Progoff's Intensive Journal is a way you can explore your past as it relates to the present. This exploration involves using both the conscious, rational mind and the nonrational, intuitive mind. The basic writing for the Intensive Journal involves preparatory work that leads to writing dialogues with persons and events/concepts.

### **Basic Journal Exercises for Ira Progoff's Intensive ...**

This item: *At a Journal Workshop: The Basic Text & Guide for Using the Intensive Journal Process* by Ira Progoff Paperback \$39.70 Only 1 left in stock - order soon. Ships from and sold by allbooks213.

### **At a Journal Workshop: The Basic Text & Guide for Using ...**

Expanding Workshop Opportunities One of the primary missions of Dialogue House, the administrative headquarters for the Intensive Journal program, is to offer workshops that are both affordable and accessible. This is a major

### **Intensive Journal Blog**

These workshops are run by Kate Scholl. Kate Scholl has been leading Intensive Journal® workshops for over 30 years and is passionate about their potential for enabling one to live more creatively and genuinely. She is highly skilled facilitator and deeply passionate about the potential for transformation the Journal enables.

### **Intensive Journal® Workshops - [eremos.org.au](http://eremos.org.au)**

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As the public use of the method increased, the National Intensive Journal Program was formed in 1977. It supplied materials and leaders for the conduct of Intensive Journal workshops in the United States and other countries in cooperation with local sponsoring organizations.

### **Ira Progoff - Wikipedia**

Despite its revolutionary methodology, and the unique impact it has made on so many well-known writers and artists, I fear that the Progoff Intensive Journal Workshop is no longer as well-known as it once was. After venturing to Arizona to experience it for myself, I returned a new man.

### **My Experience of the Progoff Intensive Journal Workshop ...**

One of the primary missions of Dialogue House, the administrative headquarters for the Intensive Journal program, is to offer workshops that are both affordable and accessible. This is a major reason Dr. Progoff created our organization. To accomplish this goal, we try to offer our workshops at least annually in

### **Expanding Workshop Opportunities**

The intensive journal method is a psychotherapeutic technique largely developed in at Drew University and popularized by Ira Progoff (-). At a Journal Workshop by Ira Progoff, The Practice of Process Meditation by Ira.

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