

# Ira Progoff Intensive Journal

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### **Progoff Intensive Journal Method of Self-Development**

The Intensive Journal method provides you with a safe and effective framework from which to explore and develop your life 1 At a Journal Workshop (rev ed 1992), by Ira Progoff, Penguin Putnam, 18 "The Intensive Journal process and its procedure for personal work provide an

### **Enhance Your Retirement - Intensive journal method**

"The Intensive Journal® process is the place where we do the creative shaping of the artwork of our life" Ira Progoff, PhD Learn More visit our website [www.intensivejournal.org](http://www.intensivejournal.org) Call 800-221-5844 Created by psychotherapist Ira Progoff, PhD, the Intensive Journal® program is an integrated system using writing exercises to give your life greater

### **The Intensive Journal Process: A Path to ... - Ira Progoff**

The Intensive Journal Process: A Path to Self Discovery An Interview with Ira Progoff by Kathy Juline A comprehensive look at the extraordinary approach to selfdiscovery that has helped thousands of people to

### **Progoff Intensive Journal Method for Creative Development**

memoirist, or just someone who loves to write, the Intensive Journal can help you meet your goals as a writer 1 At a Journal Workshop (rev ed 1992), by Ira Progoff, Penguin Putnam, p8 2 At a Journal Workshop (rev ed 1992), by Ira Progoff, Penguin Putnam

### **Progoff TM Wellness Newsletter - [intensivejournal.org](http://intensivejournal.org)**

Dr Ira Progoff, founder of the Intensive Journal® method, believed that in order to heal physically, a person must also deal with the emotional components of illness The following are excerpts from his article "Finding the Message of Illness" D espite the impressive successes of the medical arts, there has been a growing

### **Progoff TM Ministry Newsletter - Intensive journal method**

Intensive Journal program to be a great help in balancing the two and keeping me aware and moving in good directions with both AS: Why did you become interested in Progoff's methods for self-development? JM: I learned about the Intensive Journal work of Dr Ira Progoff while attending a Shalom Retreat at Kirkridge Retreat and Study Center in

### **for Overcoming Depression - 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 unique features are: Intensive Journal Workbook: Mirroring the Growth Process The structure of sections and corresponding writing exercises in the Intensive Journal workbook mirror

### **Ministry Development**

practical implementation through the Intensive Journal method 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 Continued on page 4

### **Newsletter - The Progoff Intensive Journal**

and has been working with the Intensive Journal program since 1992 He shares his experiences and insights about the value of the Intensive Journal method in the rehabilitation process Dialogue House Associates, 799 Broadway, Suite 410, New York, NY 10003-6811 [www.intensivejournal.org](http://www.intensivejournal.org)

### **JOURNAL, INTENSIVE (Ira Progoff, Dialogue House, 80 E ...**

JOURNAL, INTENSIVE (Ira Progoff, Dialogue House, 80 E llth, NYC) Elliott#813 Two hours ago\*I with Loree finished the basic Intensive Journal Workshop (a three-day) with the founder, Ira Progoff This report to my colleagues at NYTS, and a few other per-sons, is part of my sorting process, early stage, as person and as Christian theologian

### **THE CREATIVE INNER VOICE: THE PERSONAL BENEFITS OF ...**

JOURNAL WRITING TECHNIQUES The Progoff (1992) journal process is a structured method of journal writing for personal and spiritual growth, developed by Ira Progoff, a holistic depth psychologist in New York City, who studied with C G Jung The Progoff process is a ...

### **DOCUMENT RESUME Janesick, Valerie J. Journal Writing as a ...**

Most recently, Ira Progoff (1975) has written of an intensive journal Progoff developed a set of techniques which provide a structure for keeping a journal and a springboard for development As a therapist himself, he has conducted workshops and trained a network of individuals to do workshops on keeping an intensive journal for unlocking

### **The Practice Of Process Meditation: The Intensive Journal ...**

The Practice Of Process Meditation: The Intensive Journal Way To Spiritual Experience Ira Progoff Ira Progoff Biography - GoodTherapy.org The book sub-title is: The Intensive Journal Way to Spiritual Experience It provides a unique way to awaken and renew spiritual experience in the very midst of€ The Practice Of Process

### **Ira Progoff Journal Workshop - adspider.io**

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### **The Holistic Depth Psychology of Ira Progoff**

OF IRA PROGOFF by James P Armstrong A Dissertation Submitted to the Faculty of the Graduate School Levels of the Intensive Journal Process 238

viii Origins of Progoff's Thought CHAPTER I INTRODUCTION Ira Progoff was born in ...

### **The Practice of Keeping a Journal - Heather Carlile, MA, LPC**

Progoff discovered that the process of journal writing can “have the effect of stimulating the development of the person” and, to do that, requires “a method for actively extending life experience” He modeled the Intensive Journal “after the process of inner continuity and growth” he studied in creative people

### **Journal method to Discovering the Path of**

Dr Progoff's book, “At a Journal Workshop” was called one of the 65 most significant books on psychology and spirituality of the 20th century\* It fully describes the Intensive Journal exercises and principles \*Source: Common Boundary, Jan-Feb 1999 For thirty years I have been exploring my life through the Intensive Journal Process It

### **Begin a Journey About the Leader in Your Life Intensive ...**

The Journal can be your honest friend in the creative process of shaping your life Describes the Intensive Journal exercises and principles Award-Winning Book by Dr Progoff \*Source: Common Boundary, Jan-Feb 1999 Intensive Journal Workbook: Much More Than a Diary or Collection of Exercises • The workbook is an integrated system of

### **progoff journal workshop - Bing**

progoff journal workshoppdf FREE PDF DOWNLOAD The Progoff Intensive Journal ® Program wwwintensivejournalorg The Intensive Journal method is an integrated system of writing exercises to access and work with your experiences and feelings for gaining awareness about your life The Progoff Intensive Journal ® Program - Workshop â€¦

### **A Brief History of Journal Therapy**

"journal consultants" trained by Dr Progoff and his staff In 1978, journal writing for personal growth and emotional wellness was introduced to a wider audience through the publication of three books Dr Progoff's At a Journal Workshop detailed his Intensive Journal process and gave instructions on how to set up an Intensive Journal for