

Intensive Journal Workshop

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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

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 ...

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 ...

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

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Expanding Workshop Opportunities - Intensive Journal Blog

By Ellery Littleton This article presents a summary of some of the basic ideas of Ira Progoff's "Intensive Journal Process," and includes a very brief outline of one of his extensive journal-writing exercise cycles: 12 Entries. Ellery writes: "The first Intensive Journaling workshop I attended in 1981, was two weeks long, 9 to 5, five days a week.

Life Examined - The Progoff Intensive Journal Process ...

Jennibellie's Journal Workshops. Sign Up or Sign In. Or sign in with: Useful Links. To get the most from this site, please check out the links below: Groups. The 2017 Birthday Bash. 839 members. Sketch a Day. 821 members. Lunar Journaling Class. 40 members. Monthly Challenge Group. 6321 members.

Jennibellie's Journal Workshops

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

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

Posted on July 15, 2020 July 15, 2020 by Heather Blakey Posted in Colour Outside the Lines, Heather Blakey, Intensive Journal Workshop, Lived Experience Prompts Tagged Heather Blakey Artistic Midwife, Heather Blakey Purveyor of Creative Stimuli, Muddle Headed Wombat. Leave a comment Four Reasons to Establish a Journal

Intensive Journal Workshop - Working with Journals

The Journal to the Self® workshop is a 12-hour course on how to keep a journal for personal growth, creative expression and life enrichment. It was created in 1985 by Kathleen Adams LPC, PTR, Director of the Center for Journal Therapy, Inc., and internationally known pioneer and expert in the power of writing to heal.

About the Journal to the Self® Workshop - The Center for ...

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Jon Progoff - Intensive Journal Blog

At a Journal Workshop: The Basic Text & Guide for Using the Intensive Journal Process [Progoff, Ira] on Amazon.com. *FREE* shipping on qualifying offers. At a Journal Workshop: The Basic Text & Guide for Using the Intensive Journal Process

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

The Intensive Journal is based on the notion that the wisdom which is contained in the writings of all of the different religions comes from human beings, and that each of us contains some of this wisdom within ourselves, although we're often not able to access it. The journal provides a way to recreate meaning in our lives.

Intensive Journal Intro -- Wright

It helps one to integrate the undigested events of one's life, leading to healing and wellbeing through the simple pedagogy of the "Intensive Journal Process". This will also help the Spiritual Director, Counsellor and Formator to learn the simple techniques of helping the formees in their journey of life.

INTENSIVE JOURNAL WORKSHOP - ANDHRA JESUIT PROVINCE, HYD

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.