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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

Deepening his conception of holistic depth psychology, Dr. Progoff emphasizes the central role of symbolic material. He describes the psyche evoking process and atmosphere conducive for growth, while also setting the stage for the Intensive Journal method as a non-analytical way of evoking your life.

Progoff Intensive Journal Program | For Self-Development

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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 ...

Created by psychologist Ira Progoff, the Intensive Journal® program is an integrated system using writing exercises that can help teaching professionals become more effective educators. At our workshops, certified leaders guide participants step-by-step through the exercises with the protections of total privacy.

Progoff Intensive Journal Program for Teachers

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Ira Progoff was not trained as a communication scholar nor a therapist, but a philosopher. His dissertation was written about the work of the Swiss psychiatrist Carl Jung, specifically, Jung was impressed and invited Progoff to study with him in Switzerland.

Intensive Journal Intro -- Wright

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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

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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. This is a strange, wonderful and complex approach for journey/journal-ing, using methods the author has taught and evolved over the last 40 years.

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

Ira Progoff was an American psychotherapist, best known for his development of the Intensive Journal Method while at Drew University. His main interest was in depth psychology and particularly the humanistic adaptation of Jungian ideas to the lives of ordinary people. He founded Dialogue House in New York City to help promote this method. Progoff began exploring psychological methods for creativity and spiritual experience in their

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social applications in the early 1950s. His doctoral dissertatio

Ira Progoff - Wikipedia

Progoff, who died at age 77 in 1998, was the godfather of the contemporary journal-writing movement, which has blossomed incredibly in the last couple of decades. 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 ...

Dr. Ira Progoff was selected for his pioneering book on the Intensive Journal method - *At a Journal Workshop* (original edition 1975). *Simply the Best: The 65 Most Significant Psychospiritual Books of the 20th*

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Century by Charles H. and Anne A. Simpkinson

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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

The Journal Feedback effect is created by the combination and interaction of procedures within the Intensive Journal process and structure. It is a cumulative impact of unfoldment and integration between areas of your life, generating energy and momentum within you as it draws the

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potential of your life forward.

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Dr. Progoff authored 14 books on the Intensive Journal method, depth psychology, meditation, C.G. Jung ' s theories, and mysticism. Progoff ' s audio materials provide an effective way to learn more about his unique theories of self-development and benefit from Entrance Meditation TM readings.

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About Ira Progoff. Since the 1950's, Dr. Progoff has devoted his life to the exploration of new ways to encourage creativity and to enhance individual growth. He is a leading authority on C.G. Jung, depth psychology and transpersonal psychology as well as journal writing.

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Progoff Intensive Journal Program | For Self-Development

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.

AT A JOURNAL WORKSHOP IRA PROGOFF PDF - PDF Analytik

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Jun 16 2013 Created by Dr. Ira Progoff, a depth psychologist, the Intensive Journal ® program is an integrated system using writing exercises that can help teaching professionals become more effective educators. Learn how to work with your experiences and emotions to awareness and insights to give your life greater direction, clarity and purpose.

[Ira Progoff | Able I Am \(AiM\)](#)

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The Intensive Journal program is a practical tool to connect with your inner process about such areas as personal relationships, body and health, and meaning in life.

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