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The Intensive Journal® method is not journal keeping, not introspective diary keeping, and it isn't writing therapy... it is the full scale active method of personal life integration for continuous and cumulative work. Ira Progoff, Ph.D. The method was created by

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Ira Progoff, PhD - a recognized pioneer in applying his unique approaches of human development to provide you with an amazing process to develop your life.

Progoff Intensive Journal Program | For Self- Development

Ira Progoff was an American psychotherapist, best known for his

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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

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and spiritual experience in their social applications in the early 1950s. His doctoral dissertatio

Ira Progoff - Wikipedia

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

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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

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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. This is a strange, wonderful and complex approach for journey/journal-ing, using methods the

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author has taught and evolved over the last 40 years.

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

Ira Progoff was a not trained as a communication scholar nor a therapist, but a philosopher.

dissertation was written about the work of the Swiss psychiatrist Carl Jung,

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specifically, the social
Jung was impressed
and invited Progoff to
study with him in
Switzerland.

Intensive Journal Intro -- Wright

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

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Psychospiritual Books
of the 20th Century by
Charles H. and Anne A.
Simpkinson

Progoff Intensive Journal Program | For Self- Development

To organize an
“intensive journal”
based on Progoff’s
method, divide a
looseleaf notebook into
12 sections. Begin by
making entries in the
first four sections. Then

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make entries in other appropriate sections as thoughts and insights arise. Log the date and time of each entry.

Life Examined - The Progoff Intensive Journal Process ...

Looking for books by Ira Progoff? See all books authored by Ira Progoff, including At a Journal Workshop, and The Practice of Process Meditation: The Intensive Journal Way

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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

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areas of the writer's
life.

Intensive journal method - Wikipedia

Ira Progoff (1921-1998)

Ira Progoff was a 20th
century psychologist
who developed the
Intensive Journal
method to promote
regular journaling as a
therapeutic technique.

Ira Progoff Biography - GoodTherapy

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Life-Study: Experiencing Creative Lives by the Intensive ...

There is a method called the Intensive Journal method which provides a format and process that covers the multiple aspects of one's life within the bindings of one journal. It also offers a profoundly effective way of working with the material generated. The Journal

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was designed by Ira Progoff, Ph.D., who studied with C. G. Jung.

Progoff Intensive Journal Program | For Self- Development

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s/t: Writing to Access
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revised and expanded
edition of the classic At

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a Journal Workshop, a self-published bestseller, offers the reader access to the most widely praised method of diary writing.

At a Journal Workshop by Ira Progoff - Goodreads

Ira Progoff's Intensive Journal | The Little I Can Do Progoff's Intensive Journal is a way you can explore your past as it relates

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to the present. This exploration involves using both the conscious, rational mind and the nonrational, intuitive mind. Basic Journal Exercises for Ira Progoff's Intensive...

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