

# Begin a Journey in Your Life

Experience a life-changing process to give your life greater direction, vitality and purpose.

Developed in 1966 by Dr. Ira Progoff, our nationally-recognized program has helped 175,000 people lead more fulfilling lives.

Discover resources and possibilities you could not have imagined. The *Intensive Journal* method can help you:

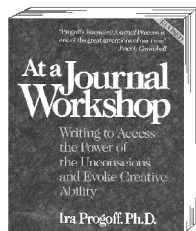
- Gain a foundation and perspective to realize the continuity and direction of your life. Build a solid basis for future decisions.
- Connect more deeply with your personal relationships, career and interests, faith and spirituality, and body.
- Use dreams and imagery as a guide in your unfolding process.

The Journal can be your honest friend in the creative process of shaping your life.

**One of the 65 most significant books  
on psychology and spirituality  
of the 20th century\***

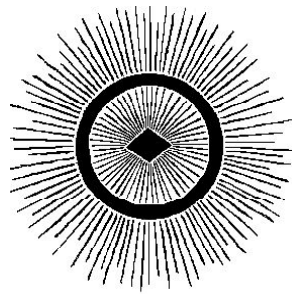
## Award-Winning Book by Dr. Progoff

Describes the *Intensive Journal* exercises and principles.



\*Source: Common Boundary, Jan-Feb. 1999.

"Intensive Journal" is a registered trademark of Jon Progoff and are used under license by Dialogue House, headquarters of the *Intensive Journal* program.



## **Intensive Journal Workbook: Much More Than a Diary or Collection of Exercises**

- The workbook is an *integrated* system of writing exercises for accessing your feelings and experiences in an organized way.
- Issues that were difficult to describe become tangible and accessible to you.
- Approach your life from several perspectives to overcome obstacles, gain awareness and deepen your faith.

### **Valuable and Unique Experience**

- Our leader will guide you through exercises step-by-step as you apply them to your life and your faith.
- Work in total privacy. No one comments on or judges your life.
- Use the method on your own afterwards.

### **Helping You in Many Ways**

- Decision making
- Energy and momentum
- Intuition
- Spirituality
- Healing
- Creativity

### **Don't Worry About Your Writing**

You do not have to like writing or be a good writer. You write what comes from within, not a life story. Only you will read what you write.

***More than "journal writing" - a premiere program for developing your life***

## **About the Leader Sr. Dolores Mitch**

Sr. Dolores Mitch has given *Intensive Journal* workshops in the Philippines for 10 years. Since 2005, she has led the workshops in the greater New York City area and now in California. Currently, Dolores lives in the Los Angeles area in Monrovia at the Maryknoll Sisters retirement house.

## **About the Workshop Location**

Holy Family Church is an active parish with a school. Parking is across the street from the Church and Hall in the St Joseph/Eden Center parking lot at 1520-1524 Fremont Ave. Local restaurants are nearby.

*"The Intensive Journal method has been part and parcel of my life now for 34 years. It is part of the way I think and process, the way I approach life every day, and how I discern before making important decisions. As a priest, I cannot say enough about how it has facilitated my roles as pastor, teacher and preacher, and spiritual director.*

*"The Intensive Journal method has worked for me time and time again. It can be so freeing and liberating. I am 34 years convinced of the advantage to life and career that the Intensive Journal workshop can be. These many years later, it is a dream come true for me now that I have this opportunity to be part of bringing the Intensive Journal workshop to parish leadership lay, vowed, and ordained."*

**Msgr. Richard Krekelberg, Pastor**  
St. Rita Parish, Sierra Madre, California

## About the Workshops

### Life Context (Part 1)

#### *Gaining a Perspective on Life*

Thursday, February 22 (9 am-12 pm; 1:30-4:30 pm)

Friday, February 23 (9 am-12 pm; 1:30-4:30 pm)

Learn how to use the *Intensive Journal* method through a direct experience in your own life.

**Gain a perspective on your life.** Develop awareness as you explore prior events, memories and feelings. Realize possibilities and interests.

**Gain insights about major areas of your life.**

- Relationships with other persons
- Career and special interests
- Body and health

Prerequisite: None. \$100. 12 hours.

### Depth Contact (Part 2)

#### *Symbolic Images and Meaning in Life*

Thursday, March 1 (9 am-12 pm; 1:30-4:30 pm)

Friday, March 2 (9 am-12 pm; 1:30-4:30 pm)

Continue your Journal work, focusing on the second part of the *Intensive Journal* workbook:

**Dreams and images:** Learn Dr. Progoff's unique method to develop your symbolic experiences.

**Meaning in life:** Learn specific ways of working to develop a more meaningful life.

- Clarify priorities and ultimate concerns.
- Deepen your connection to important areas.

Prerequisite: Life Context. \$100. 12 hours.

### Continuing Education Credits

Approved by the Nat Ass'n of Alcoholism and Drug Abuse Counselors (456), Ass'n of Social Work Boards (1036); Illinois Dept. of Fin & Prof Regulation (197.000213); Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling (50-14644 - Exp. 3/19); International Coach Federation; Nat'ional Wellness Institute 11.0 contact hours; CA Bd of Reg Nursing (CEP-15073); 13.2 contact hours. State approvals recognized by the Ohio Board of Nursing. For greater details, call 800-221-5844 for a brochure or see continuing education section of [www.intensivejournal.org](http://www.intensivejournal.org)

## Registration Form for the *Intensive Journal* Program

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_ Life Context (Part 1) \$100

\_\_\_ Depth Contact (Part 2) \$100

\_\_\_ Both \$170

**Full payment required** \_\_\_ Amount enclosed.

Make check payable to:

Holy Family Church

Credit cards accepted upon request.

**Mail to:**

Frank Ponnet

Holy Family Church

1527 Fremont Avenue

South Pasadena, CA 91030-3824

**Continuing education credits:** Please send information on continuing education credits in:

\_\_\_ Coaching \_\_\_\_\_ Nursing

\_\_\_ Counseling \_\_\_\_\_ Social Work

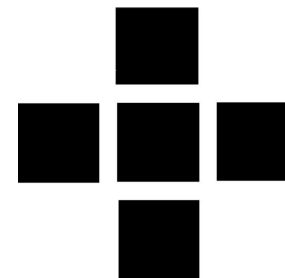
**Confirmation:** Additional information will be sent upon receipt of deposit.

### Questions about the Method?

Please contact Jon Progoff at 800-221-5844 or [info@intensivejournal.org](mailto:info@intensivejournal.org)

**Learn More About the  
*Intensive Journal* Program**

[www.intensivejournal.org](http://www.intensivejournal.org)



## *Develop a More Meaningful Life*

*Using the*

**Progoff**

***Intensive Journal***<sup>®</sup>

**Program**

with

**Sr. Dolores Mitch**

***2-Part Series***

***on February 22-23***

***& March 1-2, 2018***

Sponsored by:

Holy Family Church

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South Pasadena CA 91030-3824

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[www.holyfamily.org](http://www.holyfamily.org)

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