

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, this 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, 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.

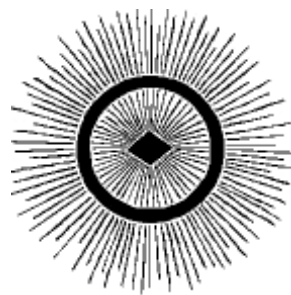
*One of the 65 most significant books
on psychology and spirituality
of the 20th century**

Award-Winning Book by Dr. Progoff

Describes the *Intensive Journal* exercises and principles.



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



Intensive Journal 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 and gain awareness.

Valuable and Unique Experience

- The leader will guide you through exercises step-by-step as you apply them to your life.
- 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
- Self-esteem
- 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: Michael Russell

Michael Russell is an Episcopal priest with 20+ years of experience in parish work and in using the *Intensive Journal* method. He has been a Mentor for the Education for Ministry program, a small group educational program, for 20 years and has led workshops and conferences. In addition, Michael has worked as a mediator in church and community conflicts.

He has a broad range of interests ranging from long distance tour bicycling to making and teaching bread baking.

Discuss the *Intensive Journal* method with Michael Russell at 619-223-6394 or by email at michael.pointloma@gmail.com

Workshop Location: All Souls' Episcopal Church

The workshop will be held at All Souls' Episcopal Church which is located in the Point Loma section of San Diego. The church is at 1475 Catalina Blvd, where Catalina and Chatsworth intersect on their way to Cabrillo National Park. It is easily reached from I-5 or I-8. Local restaurants and lodging are nearby.

**Learn More About the
Intensive Journal Program
www.intensivejournal.org**

"The Intensive Journal workshop was very effective in providing awareness about my life journey - how the choices I've made have influenced my development and provided insight into how I can develop further. This program is an excellent resource for resolving issues that we face in life."

Mary Burkhammer

About the Workshops

Life Context (Part 1)

Gaining a Perspective on Life

9/19 (9 am-12 pm; 1-4 pm; 4:30-6 pm)

9/20 (1-4 pm; 4:30-6 pm)

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

Gain a perspective on your life. "Loosen the soil of your life" recollecting memories of events and experiences that have shaped your life. Develop fresh awareness of themes and convictions that bridge the periods of your life. Recognize possibilities and interests yet to be explored.

Develop insights about major areas.

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

Meaning in Life. Begin to apply Progoff's concepts of spirituality to your life.

Prerequisite: None. 12 hours. \$140 Saturday lunch included

Depth Contact (Part 2)

Symbolic Images and Meaning in Life

11/14 (9am-12 pm; 1-4 pm; 4:30-6 pm)

11/15 (1-4 pm; 4:30-6 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 workshop. 12 hours. \$140 Saturday lunch included.

"Intensive Journal" is a registered trademark of Jon Progoff and is used under license by Dialogue House.

Registration Form for the *Intensive Journal* Program

Name _____

Address _____

City _____ State ____ Zip _____

Telephone (Day) _____

(Evening) _____

Email _____

Life Context - Part 1 (\$135)

Depth Contact - Part 2 (\$135)

To register send tuition in full or a nonrefundable deposit of \$50 with this form.

Amount enclosed.

Make **check payable to and mail to:**

All Souls' Episcopal Church
1475 Catalina Blvd
San Diego, CA 92107

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

Counseling Employee Assistance

Nursing Social Work

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

Continuing Education Credits

Approved by the National Board for Certified Counselors (5540), National Association of Alcoholism and Drug Abuse Counselors (456) and Association of Social Work Boards (1036); **California Board of Behavioral Sciences** (PCE - 4188) 11.0 contact hours. Employee Assistance Certification Commission 11.0 PDHs. **California Board of Registered Nursing** (CEP-15073) 13.2 contact hours. New York State Nursing Assoc. (ANA Accredited) - recognized in 48 states including AZ and NV 11.1 contact hours.



All Souls'
Episcopal
Church

Seeking the Elan of Life:

*Finding your life's path
of
joy, wholeness & creativity*

with the

Ira Progoff
***Intensive Journal*® Process**

conducted by
Michael Russell

2-Part Workshop Series
on September 19-20
and November 14-15, 2009

For more information:

All Souls' Episcopal Church
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