

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:

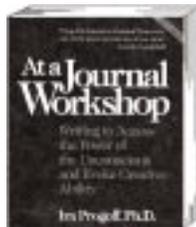
- Gain a foundation and perspective to realize the continuity and direction of your life. Build a solid basis for future decisions.
- Connect more deeply with your personal relationships, career and interests, and body.
- Use dreams and imagery as a guide in your unfolding process.

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**

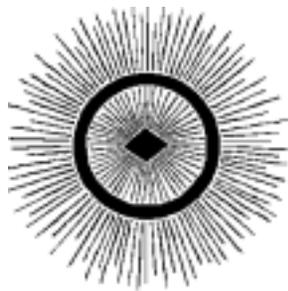
Award-Winning Book by Dr. Progoff

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 and gain awareness.

Valuable and Unique Experience

- Our 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 Wally Chappell

Wally Chappell, a retired pastor of First United Methodist Church in Dallas and has led *Intensive Journal* workshops for over 30 years, has served as a teacher, counselor and resource person in human and spiritual development.

About the Workshop Location

First United Methodist Church is located in downtown Fort Worth at the intersection of 5th Street and Henderson. The workshops will be held in Wesley Hall.

*"When I signed up for the *Intensive Journal* workshop led by Wally Chappell ten years ago, I had no idea that a life changing experience was about to take place. This is so much more than a class about journaling. It is about finding the insight and wisdom that lives (sometimes unknowingly) within us — and using a process to understand the flow of my life and where it might be taking me. Using what I've learned in the workshop has helped me work out issues, take action on my ideas, and enhance my relationship with God."*

Paul Bodley

Member, First United Methodist Church
Chairman of Staff Parish Relations Committee

Questions about the Method?

Please contact Paul Bodley at _____ or
pqb76137@gmail.com

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

About the Workshops

Life Context (Part 1)

Gaining a Perspective on Life

1/24 (6:30-9:45 pm)

1/25 (9 am-2 pm); 1/26 (1-5 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. \$145. 12 hours.

Depth Contact (Part 2)

Symbolic Images and Meaning in Life

2/28 (6:30-9:45 pm)

3/1 (9 am-2 pm); 3/2 (1-5 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. \$145. 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) - recognized in TX; Illinois Dept. of Fin & Prof Regulation (197.000213); Employee Assistance Cert Comm. 11.0 contact hours; CA Bd of Reg Nursing .CEP-15073); 13.2 contact hours. For greater details, call 800-221-5844 for a brochure or see continuing education section of www.intensivejournal.org

Registration Form for the *Intensive Journal* Program

For more information, see

www.myfumc.org/journalworkshop

Name _____

Address _____

City _____ State ____ Zip _____

Telephone _____

Email _____

To register send tuition in full with this form.

Please select the workshops you are attending

Life Context (Part 1) \$145

Depth Contact (Part 2) \$145

Both \$280*

* Deduct \$10 if _____

Includes Friday dinner, Saturday continental breakfast and lunch.

_____ Amount enclosed.

Make check payable to:

First United Methodist Church

Credit card: Mastercard/VISA/Discover/AMEX

Number: _____

Exp. Date (mm/yy) _____

CV/Security Code (last 3 digits on back;
4 digits on front right on AMEX) _____

Billing address of card (Same/Different).

Specify if different _____

or pay securely online at www.f_____

Mail to:

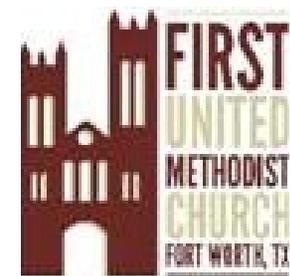
First United Methodist Church

Attn: Melinda Smoot

800 W 5th St

Fort Worth, TX 76102

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



Develop a More Meaningful Life

Using the

Progoff

Intensive Journal[®]

Program

with

Wally Chappell

*2-Part Series Begins
on January 24-26, 2014
in Fort Worth*

Sponsored by:

First United Methodist Church

800 W 5th St

Fort Worth, TX 76102

817-336-7277 Fax: 817-336-2606

www.fumcfortworth.org