

About the Workshop

Life Context (Part 1)

Gaining a Perspective on Life

5/1 (2-5 pm, 6:30 – 9 pm)

5/2 (9 am- noon, 1:30- 5 pm)

(Dinner and Lunch are available at several local restaurants and carry outs.)

You will learn how to use the Intensive Journal method to

Gain a perspective on your life. You will “loosen the soil of your life” recollecting memories of events and experiences that have shaped your life. As you explore you own life you will develop fresh awareness of themes and convictions that bridge all the periods of your life. In the course of writing you will come to recognize possibilities and interests yet to be explored.

Gain insights about major areas of your life.

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

Begin work with Spirituality

Prerequisite: None. 12 hours. \$150

Workshop Location:

The Episcopal Church of the Good Shepherd

The workshop will be held at The Episcopal Church of the Good Shepherd. It is located at 3201 Windsor Road at the corner of Windsor and Exposition Streets in the Tarrytown neighborhood. It is easily accessed from the Windsor exit of Mopac, heading west as you exit.

Registration Form for the *Intensive Journal* Program

Name _____

Address _____

City _____ State ____ Zip _____

Telephone (Day) _____

(Evening) _____

Email _____

To register send tuition in full
____\$75 for GS parishioners and SSW
students

____\$150 for others.

Register online at www.gsaustin.org under
“Events”

Or a nonrefundable deposit of \$50 with this
form.

____ Amount enclosed.

____ I will be seeking CE credits. (see below)

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

**The Episcopal Church of the Good
Shepherd**

3201 Windsor Road

Austin, TX 78703

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

Continuing Education Credits

Approved by National Association of Alcoholism
and Drug Abuse Counselors (456) and Association of
Social Work Boards (1036); Association of Social
Work Boards (1036); Florida Board of Clinical
Social Work (50-14644)

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, Approvals recognized by Ohio Board
of Nursing. 11.1 contact hours



The Episcopal Church of the Good Shepherd

Discover Daily • Worship Weekly • Serve Monthly • Give Generously • Love Always

Discovering the Path of Your Life and Unleashing its Momentum:

towards joy & purpose,

wholeness and

creativity with the

Ira Progoff

Intensive Journal®

Process

*Life Context Workshop
May 1-2, 2015*

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

Begin a Journey in Your Life

Experience a life-changing process that energizes mind, heart, and spirit.

Developed in 1966 by Dr. Ira Progoff, this nationally recognized program has helped hundreds of thousands of people lead more fulfilling lives. New strengths are found for your present moment and fresh paths for your life's journey.

Discover resources and possibilities you have not 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 in your relationships, with career and interests and with your body.
- Discover how innate meditative processes, particularly dreams and imagery, can guide in you in the unfolding of your life's artwork.

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

*Dr. Progoff's book, "At a Journal Workshop" was called one of the 65 most significant books on psychology and spirituality of the 20th century**

It fully describes the Intensive Journal exercises and principles.

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

For thirty years I have been exploring my life through the Intensive Journal Process. It is the richest means to self-exploration I have encountered"

-Michael Russell

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 • Self-esteem
- Energy and momentum • Healing
- Intuition • Creativity

Learn more about the Intensive Journal® Program:

www.intensivejournal.org

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

About the Leader:

Michael Russell

Michael Russell is an Episcopal priest with 28+ years of experience in parish work and in using the Intensive Journal method. He is Priest for Formation at The Episcopal Church of the Good Shepherd in Austin, TX. He has been a Mentor for the Education for Ministry program, a small group educational program, for 25 years. He has led workshops and conferences on topics ranging from the Reformation to contemporary dispute resolution. 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 512-476-3523 or by email at mike@gsaustin.org

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.

"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