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ability. Progoff, a psychotherapist and pioneer in the therapeutic use of journal writing, has conducted...

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Journal writing is an incredible way to take what's on your mind and gently work through it so that it becomes a gift. In this workshop, you will learn a step by step approach to journal writing, complete with questions and prompts. This supportive process is designed to enhance your wellbeing and give you a fresh perspective, where you feel lighter, grounded, clear, calm, happy and empowered to take inspired action.



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Journal Article in Twelve Weeks: A Guide to Academic Publishing Success. Although the one-day workshop does not provide the supportive structure of the ten-week course or the one-week workshop ...

~~My One-Day Journal Article~~  
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Journal Writing Workshop with  
Judy Licht - Around Town DC  
Effective journal writing goes  
beyond recording your life. With

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The new perspective on journaling you'll get in this workshop, you'll develop new personal and psychological tools and practices. You will be inspired to turn to journal writing to design your life, relieve stress, and ...

~~Journal Writing Workshop~~  
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This is a fun workshop for people looking to explore options in their lives. We will learn how to begin a journal, with free-intuitive writing exercises and discussion about our insights. Benefits from journaling include:

- a healthful release for feelings and tensions
- a place to advise oneself, clarify goals, and make decisions

~~Journal Writing Workshop,~~

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Ira Progoff's purpose in creating the Intensive Journal workshops on which this book is 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 author has taught and evolved over the last 40 years.

~~At a Journal Workshop: Writing to Access the Power of the ...~~  
The Intensive Journal Method is an integrated system using

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writing exercises in a setting of privacy and quiet. More than "journal writing", our method is based upon principles of psychology, providing you with unique approaches to develop your life. The Intensive Journal method is recognized as the leader in self-development writing programs.

### ~~Progoff Intensive Journal Program~~ ~~For Self-Development~~

Use a specific noun and your writing goes from generic to specific—and from boring to interesting. Basic example: instead of saying, "nice flowers," say, "cascading red geraniums.". Not-so-basic example: instead of saying, "My neighbor was anal," say, "My neighbor dusted

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It focuses on all the steps  
involved in the writing process  
after the collection and analysis  
of data: clarifying the message of  
our paper; mapping out the  
manuscript to get the ideas into a  
logical structure; writing the first  
draft; editing the manuscript;  
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Demonstrate subject knowledge.  
and understanding of the topic. 2.  
Describe subject knowledge in  
own. words in an appropriate  
academic. style and with a clear

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and logical. structure. Intellectual  
Skills 3. Explore a range of  
information.

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In this workshop, you will learn a  
step by step approach to journal  
writing, complete with questions  
and prompts. This supportive  
process is designed to enhance  
your wellbeing and give you a  
fresh perspective, where you feel  
lighter, grounded, clear, calm,  
happy and empowered to take  
inspired action. The Workshop:

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Participants in this Workshop  
establish a journal-writing  
practice that gently holds the  
writer accountable for achieving

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specific, measurable goals over

time. Writers establish a comfortable continuity in the practice of journal-writing in an

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The Journal to the Self®

workshop is a 12-hour course on how to keep a journal for personal growth, creative expression and life enrichment. It was created in 1985 by Kathleen Adams LPC, PTR, Director of the Center for Journal Therapy, Inc., and internationally known pioneer and expert in the power of writing to heal. The early years of the workshop formed the research base for Kathleen Adams' best-selling book, *Journal to the Self*,



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About the Journal to the Self®  
Workshop—The Center for ...

The journal workbook is intended  
to enable any person to access  
their own "seed-potential" for  
living the fullest life possible.

Though his writing is without  
religious dogma, there is a  
spiritual tone to Progoff's method  
and he cites theological, literary  
and artistic sources to illustrate  
many of his journal procedures.

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