



NEWS RELEASE

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Intensive Journal self analysis workshop to be held at USI

The Progoff *Intensive Journal* program will be held Friday - Sunday, November 19 - 21, in the Orr Center room 2036 at University of Southern Indiana. It is sponsored by the USI Social Work Department and St. Mary's Mulberry Center.

The program is offered in two parts. The Life Experience portion of the program will be held on Friday and Saturday. This workshop teaches beginners to use the Intensive Journal method and is required before taking the Life Context workshop. Cost is \$125. The Life Context workshop applies more advanced techniques and will be held on Sunday. Cost for both workshops is \$185.

The *Intensive Journal* method is a comprehensive process that provides participants with practical exercises to gain personal insight. The program teaches a method created by Dr. Ira Progoff, a major pioneer in the field of depth psychology. The method combines effective approaches with specialized exercises and a structured workbook. Dr. Progoff died two years ago. His son John Progoff, executive director of The Progoff Program, may be reached by calling 212/673-5880.

Dr. Phyllis Hipps, assistant professor of social work and coordinator of the event, said, "Some people are apprehensive about journal writing, but find it to be a vital tool in experiencing their thoughts and feelings, fears, and dreams. After attending the journal workshop, students have spoken about feeling an inner joy, an inner pride, and a release of bottled tensions."

Students, faculty, mental health professionals, law enforcement officers, firefighters, office managers, religious leaders, mothers, fathers, young adults, and bereaved family members might benefit from the journal workshop. "They might learn more about a holistic approach to life, realizing that their mental, physical, emotional, and spiritual experiences are interconnected and affecting each other," said Dr. Hipps.

The two-day program will be conducted by Dr. Faye Schwelitz, associate professor in the School of Professional Psychology at Wright University. Dr. Schwelitz holds doctorate degrees in both psychology and biology. Dr. Schwelitz may be reached by calling 937/277-9044.

The program is approved for continuing education hours for Indiana social workers. It is also approved for counselors, nurses, and other professionals. Call 812/464-1989 for more information about continuing education credits.

Registration may be made by calling USI Extended Services at 812/464-1989.