

SPD 652 The Intensive Journal Process
Thursday 10-11:30 p.m. (1 cr hr or 1.5 ceu)

Instructor Name	Robert Fish, Ph.D.
Office Hours	Tuesday, Thursday, 2-4 p.m.
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Required Texts	At a Journal Workshop; The basic text and guide for using the Intensive Journal process. Ira Progoff. Dialogue House Library, 1975.
Other Required Reading	
Recommended Reading	

Course Description

An introduction to the principles and applications of the Intensive Journal Process as developed by Dr. Ira Progoff. This process is designed to provide an instrument by which students can discover resources within themselves that they did not know they possessed. Students will also learn how to draw the power of deep contact from the experiences of their lives so as to recognize their own identities and harmonize them with the larger identity of the universe. Development and maintenance of a confidential personal journal is required. Prerequisite: SPD 551 Spirit, Mind, Body Awareness.

Learning Objectives

Upon completion of this course, students will be able to:

1. Develop a sense of self-awareness for personal and spiritual guidance and direction
2. Explain and recommend the journaling process to others in a workshop or pastoral context
- 3.

The above learning objectives partially fulfill the following program outcomes for the Master of Divinity:

MD-1 Develop and demonstrate the pastoral skills necessary for successful ministry.

The above learning objectives partially fulfill the following program outcomes for the Certificate in Unity Ministry:

C-1 Develop and demonstrate the pastoral skills necessary for successful ministry

The above learning objectives partially fulfill the following program outcomes for the Master of Arts in Religious Studies:

MA-3 Create and maintain a personal spiritual practice.

Class Schedule

Week	Date	Topic	Reading Assignment	Paper/Exam/Activity
1a	Feb. 12	Introduction; the journaling process; the period log	Ch. 1-5	Discussion, writing
2a	Feb 19	Exercises with the life history log and twilight imagery; in-class journaling	Ch. 6, 10-11	Discussion, writing
3a	Feb 26	Exercises with the daily log; in-class journaling	Ch. 7	Discussion, writing
4a	March 5	Exercises with stepping stones; in-class journaling	Ch. 8	Discussion, writing
5a	March 12	Exercises with journal checklist, 1-3; in-class journaling	Ch. 9, 12-14	Discussion, writing
6a	March 19	Exercises with journal checklist, 4-6; in-class journaling	Ch. 15-17	Discussion, writing
7a	March 26	Exercises with journal checklist, 7-8; in-class journaling	Ch. 9, 18	Discussion, writing
8a	April 2	Exercises with intersections: roads taken and not taken; in-class journaling	Ch. 10	Discussion, writing
9a	April 9	Exercises with now--the open moment; in-class journaling	Ch. 19	Discussion, writing
10a	April 16	Review and looking forward; in-class journaling		Discussion, writing

Assignments for the Master of Divinity:

1. The keeping of a personal journal
2. Active participation in class discussions
3. A final reflection paper, due April 16

Grading

Assignment	Possible Points	Meets Learning Objective
Keeping a personal journal	50	#1
Active participation in class discussions	25	#1, 2
Reflection paper	25	#1, 2

Final Grade Determination:

- 90 - 100 points A
 80 - 89 points B
 70 - 79 points C

Assignments for the Certificate in Unity Ministry:

1. The keeping of a personal journal
2. Active participation in class discussions
3. A final reflection paper, due April 16

Grading

Assignment	Possible Points	Meets Learning Objective
Keeping a personal journal	50	#1
Participation in class discussions	25	#1, 2
Reflection paper	25	#1,2

Final Grade Determination

- 90 - 100 points A
 80 - 89 points B
 70 - 79 points C

Assignments for the Master of Arts in Religious Studies:

1. The keeping of a personal journal
2. Active participation in class discussions
3. A final reflection paper, due April 16

Grading

Assignment	Possible Points	Meets Learning Objective
Keep a personal journal	50	#1
Participate in class discussions	25	#1, 2
Reflection paper	25	#1, 2

Final Grade Determination

90 - 100 points A
80 - 89 points B
70 - 79 points C

Expectations of Students

Students are expected to come to class having read the assigned material and being prepared to discuss it.

Classroom Protocol

Late Assignment Policy

Term papers received after the due date may be assessed a penalty up to 2% per day or 10% per week

Attendance Policy

While attendance has no direct impact on the final grade, there is a strong correlation between attendance and success in the class. Students missing a class are responsible for obtaining the handouts, information and/or directions from another student.

Academic Honesty

Unity Institute assumes that all students desire to pursue their academic and transformational work with honesty and scholarly integrity. Cheating, plagiarism, facilitating academic dishonesty and misrepresentation of self or other students are prohibited. Students may seek the assistance from others as long as the student submitting the assignment is actually doing the work.

If a faculty member discovers a student violating academic honesty the following penalty may be applied, depending upon the severity of the infraction:

1. A reduced grade for the assignment.
2. A grade of zero for the assignment.
3. An "F" for the course.
4. Remand the decision to the full faculty.

A report will be sent to the faculty, the Dean, as well as kept in the student's permanent file.

For further information about academic honesty, students are directed to review the Unity Institute Catalog and Unity Institute Student Handbook.

Special Concerns

If students have any special concerns and/or challenges that may affect their performance in this course, they are encouraged to speak with the instructor immediately so that any accommodations, if necessary, may be made.

Selected Bibliography