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RESEARCH ARTICLE

JOURNEY INTO TRANSFORMATION: LIVED EXPERIENCES OF FORMER INMATES IN THERAPEUTIC COMMUNITY MODALITY PROGRAM (TCMP)

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ABSTRACT

This research delves into the transformative journey of individuals engaged in the Therapeutic Community Modality Program (TCMP) within correctional facilities. The specific focus of this study was on individuals who had undergone the Therapeutic Community Modality Program and were subsequently released from Talisay City Jail in Talisay City. The study employs a qualitative approach, gathering rich narratives from informants who have navigated pre-released and post-released experiences. The investigation unfolds in two distinct phases, exploring the irrevocable passage of the "point of no return" within the correctional setting and the subsequent post-release experiences encompassing personal evolution, human dignity, transformative wisdom, and the liberation of happiness in freedom. The research draws theoretical support from Albert Bandura's Reciprocal Determinism Theory, emphasizing the dynamic interplay between individuals, their environment, and their behavior. The findings underscore the holistic impact of TCMP on the lives of participants, portraying it as a catalyst for change that extends beyond conventional rehabilitation approaches. Implications for future practices include the need for holistic program design, the promotion of positive environmental influences, and an emphasis on social modeling and peer support within correctional settings. The study suggests future research directions, such as longitudinal analyses of post-released experiences, comparative studies across rehabilitation models, exploration of individual differences in response to rehabilitation, in-depth examinations of spiritual interventions, and the integration of technology in rehabilitation programs. The abstract encapsulates the research's multidimensional exploration, providing a comprehensive overview of the transformative processes within the TCMP framework.

INTRODUCTION

Change is inevitable. These words are powerful enough to heed the calls of change. This mantra that is always spoken before the day starts in the corners of the jail facility. This should awaken all residents in jail to change their lives. The establishment of the Bureau of Jail Management and Penology was a response to the escalating challenges in jail management and penology. Specifically, its focus lies on detainees undergoing court proceedings, awaiting judgment, and serving short-term sentences. Mandated by R.A. No. 6975, the Bureau is tasked with operational and administrative control over city, district, and municipal jails. Addressing the issue of stigmatization and dissocialization, the Therapeutic Community Modality Program (TCMP) emerges as a pivotal solution. TCMP contributes to the well-being of inmates by fostering self-competence through diverse activities.

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These endeavors not only broaden their understanding, knowledge, and self-awareness but also instill a positive attitude and work ethic. The program prepares inmates for the challenges of the workforce and societal integration, aligning with the belief that knowledge empowers. Beyond job market competitiveness, acquired skills help inmates adapt to normal life and prevent relapses into criminal behavior. The Bureau is intensifying efforts to curb recidivism through robust rehabilitative programs, with TCMP emerging as a cornerstone. Implementation of TCMP not only provides a comprehensive solution to recidivism but also underscores its potential to eliminate root causes. The program's efficacy in reducing or eradicating recidivism becomes evident through meticulous research and practical implementation. Additionally, TCMP plays a crucial role in alleviating jail overcrowding. Notably, in Talisay City Jail, Cebu, the program introduces activities conducted outside cells, contributing significantly to congestion reduction. This dual impact underscores TCMP as a multifaceted approach, simultaneously addressing rehabilitation and overcrowding challenges within the correctional system.

By delving into the personal narratives of former inmates enrolled in a Therapeutic Community Modality Program, the study aims to uncover the multifaceted dimensions of their transformative journey. This exploration not only enriches our understanding of the effectiveness of TCMPs but also sheds light on the unique challenges and successes experienced by individuals undergoing reintegration into society. The research holds significance in informing both the academic and practitioner communities about the nuances of rehabilitation within urban contexts, thereby contributing to the ongoing discourse on effective rehabilitation strategies for formerly incarcerated individuals. This study was anchored by Albert Bandura's Reciprocal Determinism Theory, supported by Social Learning Theory of Robert Burgess, and theory of Rehabilitation through Inner Correction by Ronald Akers and Bo Lozoff and Michael Braswell's. According to Bandura, there are three factors that influence behavior; (a) the environment (b) the individual and (c) the behaviour itself. The environmental factor is made up of the physical surroundings around the individual that contains potential reinforcing stimuli, including the people who are present (or absent). This factor influences the frequency as well as the intensity of the behaviour of a certain person, thus, just as the behavior itself can have the impact to the environment. The individual factor includes all the characteristics that have been rewarded in the past. Personality and cognitive factors play an important part in how a person behaves, including all the individual's expectation, beliefs, and unique personality characteristics. The behavior itself is something that may or may not be reinforced at any given time or situation.

Social Learning Theory of Burgess and Akers, postulates that people engage in criminal behavior because of three reasons: beliefs, models and differential reinforcement. They asserted that when people's values are eroded by other people's wrong behavior they tend to follow this deviance. But the most influential factor is the concept of reinforcement. The strength of criminal behavior is a direct function of the amount, frequency and probability of reinforcement. According to this theory, definitions are learned through social reinforcement mechanisms. Definitions do not work so much as direct motivators but rather "discriminative stimuli" communicating that certain behaviors are likely to be rewarded or punished. This predictable reinforcement or punishment is what motivates behavior, regardless of whether motivation to participate in such an act is in line with someone's beliefs. Criminal behavior will rely on the level of positive reinforcement. The pleasure or attention from the group will determine if a deviant will continue or discontinue his learned behavior. It further explains that new behaviors can be acquired by observing and imitating others. It states that learning is a cognitive process that takes place in a social context and can occur purely through observation or direct instruction, even in the absence of motor reproduction or direct reinforcement. In addition to the observation of behaviour, learning also occurs through the observation of rewards and punishments, a process known as vicarious reinforcement. When a particular behaviour is rewarded regularly, it will most likely persist; conversely, if a particular behaviour is constantly punished, it will most likely desist. The theory expands on traditional behaviour theories, in which behaviour is governed solely by reinforcements, by placing emphasis on the important roles of various internal processes in the learning individual.

Bo Lozoff and Michael Braswell's Theory of Rehabilitation through Inner Correction states that the primary goal of inner corrections is: to help build a happier, peaceful person right here in the prison. A person with his newfound self-honesty and courage can steer him or her to the most appropriate programs and training, a person whose kindness and sense of humor will help him or her to adjust to the biases and shortcomings of a society which does not feel comfortable with ex-offenders (Moyer, 2001). It further claimed in this theory that it is undeniable fact that the society will tend to condemn every offenders that they must be sent to prison for punishment, this biases will confer negative impacts to the perception of every offenders that will affect their inner thought. Through this, the primary goal of this theory is steer a certain inmate into a comfortable surroundings that will build a happier and peaceful life inside prison, that the certain inmate will found true kindness, wisdom, peace and even joy that come only from the learnings to appreciate a wider and more interesting world, and the only power that inner correction can offer comes from the spirit within.

To sum it up, during the stay of every inmate inside jail will gain a better self-understanding or self awareness and broader outlook beyond the depressions inside jail can instill hope and faith. For instance, TCMP have various programs for self-discovery in the realms of behaviours, attitudes, values, emotions, and beliefs. The knowledge and skills along with the pro-social and vocational values are elements that will contribute to build and create self-competence. The Philippine prison system adopted two approaches for treatment of offenders. These are the institutional- based treatment program and the community-based treatment programs. These programs aimed towards the improvement of offender's attitude and philosophy of life. Reformation and rehabilitation of inmates as well as preparation for the reintegration in community are the ultimate goals of the programs. Inmates are some of the most disturbed and unstable people in society. Most of the inmates have had too little discipline or too much come from broken homes and have no self-esteem. They are very insecure and are at war with themselves as well with society. Most inmates did not learn moral values or learn to follow everyday norms. In order to rehabilitate criminals we must do more than just send them to prison, (Manwong, 2006). At present, TCMP is recognized as the backbone program of the BJMP for inmate development and is being implemented in majority of jails nationwide.

The Therapeutic Community Modality Program (TCMP) is a self-help social learning treatment model which utilizes the community as the primary therapeutic vehicle to foster behavioural and attitudinal change. In this modality, the person learns and practices skills and responsibilities through structured activities that they can transfer to the society upon their release (TCMP Manual, 2013). Accordingly, Therapeutic Community Modality Program was adopted by the Bureau of Jail Management and Penology (BJMP) in attaining one of its mandate, the "Development of Inmates" however there are issues and concerns attributed to the program implementation that needs to be addressed to ensure its effectiveness. The TCMP believes that a person needs to have a strong sense of personal and social responsibility in order to live a fully functional healthy lifestyle (TCMP Manual, 2013). TCMP have four development aspects; these are Behavioral

Management Aspect, Emotional and Psychological Aspect, Intellectual and Spiritual Aspect, and Vocational and Survival Skills. This shows special areas of concern in the individual's personality. Each component has very discrete sets of activities, methodologies and philosophies and underlying theories that help promote change in the members of the community and the use of various behaviour shaping tools are interconnected and interrelated with one another. (See appendix A on how the programs of TCMP connects each other). The TCMP believes that a person needs to have a strong sense of personal and social responsibility in order to live a fully functional healthy lifestyle, (TCMP Manual, 2013). The TCMP provides activities and services that will cater to the particular needs of residents physically, emotionally, intellectually and spiritually. For instance, this program could give them a chance to acquire job skills which will improve the chances that inmates will become productive citizen upon release. The programs must aim to change those want to change. Those who are taught to produce useful goods and to be productive are likely to develop the self-esteem essential to a normal integrated personality. This kind of program would provide many useful skills and habits and replace the sense of hopelessness that many inmates have. Many of them do not know how to start a new life such Therapeutic Community Programs are the way, and they can enlighten their future life. Consequently, the Bureau of Jail Management and Penology (BJMP) adopt Therapeutic Community Modality Program" as a new approach to inmate management that requires new glossary of terms relative to felons and introduction of a new way of life in confinement. As set by the BJMP, the Therapeutic Community is a self-help social learning treatment model used to client with problems of drug abuse and other behavioral problems such as alcoholism, stealing and other anti-social tendencies as well as working with special group of individual like those in jails. As a treatment model, it includes four categories, namely behavior management, intellectual and spiritual aspects, emotional and psychological aspects and vocational or survival aspects.

Therapeutic community utilizes the "community" as a vehicle to foster behavioral and attitudinal change. In this model, the client receives the information and impetus to change from being part of the community. The expectation that the community places on its individual members reflects not only the needs of individual, but also the social and support needs of the community. This community mode provides social expectations, which are parallel to the social demands that the clients will confront upon discharge to their home community (Perfas, 2012). As defined by the Bureau of Correction, the Therapeutic Community Program represents an effective, highly structured environment with defined boundaries, both moral and ethical. The primary goal is to foster personal growth. This is accomplished by reshaping an individual's behavior and attitudes through the inmates' community working together to help themselves and each other, restoring self-confidence, and preparing them for their re-integration into their families and friends as productive members of the community. On the whole, the legacy of self-reliance or self-help, responsible concern, personal responsibility, social responsibility, and family values has lived on. It has produced a very practical approach to changing human behaviour through a process of social learning in a community setting. Recently, students from the Lyceum of the Philippines conducted a descriptive method of research study conducted to the inmate of Batangas City Jail.

It aims to determine the effectiveness of the TCMP implemented in the jail its significant relationship between the profile of the inmates and their responses to the effectiveness of the program. Accordingly, most of the inmates in Batangas City Jail have demographic profile of 26-33 years old, single, high school graduate with prison sentence of below one year and mostly involved in drug related cases. The TCMP is perceived by the inmates as effective specifically the work and educational therapy services, livelihood, skills training, counselling and religious services, and medical services. There are significant relationships between the profile of the inmates in terms of age, civil status and length of prison sentence and their responses to the effectiveness of the program implemented. There was also a study conducted by a student named Jeremy Campaner from Cebu Normal University on the Impact Evaluation on Therapeutic Community Model Approach in a City Jail. The study assessed and determined the effectiveness of the Therapeutic Community Modality Program (TCMP) approach as means of inmates' rehabilitation based on their shared experiences, responses and own perceptions of the different programs implemented in a City Jail.

MATERIALS AND METHODS

This study delves into the rich tapestry of lived experiences among individuals who have completed a Therapeutic Community Modality Program. In selecting a research methodology that is inherently attuned to the nuanced nature of these experiences, the Qualitative Phenomenological Research approach stands out as the most fitting and apt choice. This qualitative framework allows for a deep and comprehensive exploration, enabling a nuanced understanding of the participants' perspectives, emotions, and transformations within the context of their engagement with the Therapeutic Community Modality Program. This research was carried out in the vibrant province of Cebu, known for its dynamic composition of seven Congressional districts and further divided into six component cities, namely *Bogo City, Danao City, Naga City, Carcar City, Toledo City, and Talisay City*. While *Cebu, Lapu-lapu, and Mandaue* are often geographically associated with the province, it's essential to note that they function as independent cities without provincial oversight. The specific focus of this study was on individuals who had undergone the Therapeutic Community Modality Program and were subsequently released from *Talisay City Jail* in *Talisay City, Cebu*. Situated approximately 12 km from *Cebu Capitol*, *Talisay City* encompasses 22 barangays with a total population of 227,645. Recognized as a 3rd city income class component within the province of Cebu, *Talisay City* is distinguished by its burgeoning economy, notably serving as a significant hub for the production of blasting caps used in dynamite. The research zeroed in on *Talisay City Jail*, strategically located in *Brgy. Maghaway*, just 2.1 km from the highway. This facility served as the backdrop for the study, specifically focusing on the experiences of former inmates who underwent the Therapeutic Community Modality Program within this unique locale. The researcher meticulously and judiciously selected ten participants capable of articulating their individual experiences and shedding light on crucial facets and perspectives within the Therapeutic Community Modality Program (TCMP) with clarity. Recognizing the paramount importance of willingness, commitment, and interest, the researcher exercised prudence in choosing informants, understanding that their cooperation was pivotal for the

successful collection of data. In line with these considerations, the researcher purposefully selected four males and six females from the designated locale for this study. Furthermore, these ten individuals were thoughtfully categorized into two distinct sets: the first set comprising four informants designated for in-depth interviews, and the second set consisting of six participants designated for focused group discussions. It is noteworthy that all ten chosen informants were formerly incarcerated individuals who underwent the TCMP and have successfully reintegrated into society without any subsequent return to incarceration. The researcher had a total of ten (10) informants for the qualitative study and the interview will be classified into two (2) sets. The first set is for the in-depth interview which will be participated by four (4) informants and the second set is for the focus group discussions which will be participated by the remaining six (6) informants. This study utilized an interview guide with structured questions to stimulate discussion with the study participants carefully. The researcher constructed the interview guide questions in a manner that will utilized both in depth interviews and focus group discussion which were composed of three (3) research questions. The interview guide will be submitted first to the panelists for content validation and approval prior to the actual conduct of interviews. The data gathered was collated using Colaizzi's, 1978 approach. Colaizzi's method is the process used to aid in extracting, organizing, and analyzing such narrative datasets. Also, descriptive phenomenology is concerned with revealing the "essence" or "essential structure" of any phenomenon under investigation – that is, those features that make it what it is, rather than something else (Morrow, Rodriguez, and King, 2015). Studies exploring the experiences of the participants can also be considered a sensitive issue. The researcher must consider the oral damages that might happen during the conduct of the study. So, the researcher must make sure that the pieces of information gathered from the participants must remain confidential. The researcher must also assure the anonymity of the subject for the protection and security of the course of the participants. As to the issue of trustworthiness and credibility which is much needed in this phenomenological research, the researcher will make sure that all information gathered from the informants is recorded and transcribed in accordance with the standard ruling. The privacy of the gathered data is the main ethical consideration of the study. The rights of participants were indicated on its consented form to comfort with the process and questioned asked. The participant's information was kept classified so that they may continue to participate the said interview.

Trustworthiness. As to the issue of trustworthiness and credibility which is much needed in this phenomenological research, the researcher will make sure that all information gathered from the informants is recorded and transcribed in accordance with the standard ruling. Trustworthiness and credibility can be accomplished by utilizing and transcribing the raw data coming from the audio record in the focus group discussions and in – depth interview. The said data consist of personal interviews, interviews transcript, member checking and follow-up personal interviews of the informant. To maintain credibility of the research findings, the researcher sees to it that all the data or information that will be gathered will be of known to the informants in manner that their signature will appear on the transcription made so that a confirmation will be made if the data is true or not. If there will be clarifications in the answers provided by the informant in the transcribed information, there will be a follow-up question

that will be asked. The initial stage of the interview is more on proper orientation with the informants which includes knowing each other and explaining the purpose or objectives as well as the process of the study. To promote transferability, the researcher done a thorough job of describing the research context and the assumptions that are essential to the research. Although, transferability is not considered as a viable naturalistic research objective, the context in which qualitative data collection occurs defines the data and contributes to the interpretation of the data gathered in the study. To ensure dependability, the researcher utilized focus group discussion and in-depth interview process. In other words, if a person wants to replicate your study, they should have enough information from your research report to do so and obtain similar findings as your study did. A qualitative researcher can use inquiry audit in order to establish dependability, which requires an outside person and the data analysis in order to ensure that the findings are consistent and could be repeated. Finally, to ensure conformability, the researcher agreed on the statement of Guba (1981) that conformability is the degree of neutrality in the research findings. In other words, this means that the findings are based on participant's responses and not any potential bias or personal motivations of the researcher. This involves making sure that the researcher bias will not skew the interpretation of what the research participants said to fit a certain narrative. To establish conformability, qualitative researcher will provide an audit trail, which highlights every step of data analysis that will made in order to provide a rationale for the decisions made. This helps establish that the research findings accurately portray participant's responses. As to the coding for the audit trail, the researcher sees to it that there is said to be checking of the original transcript. The researcher categorized every themes coming from their narration and stories for an easy and accurate access to the information.

RESULTS

The collected data underwent a rigorous and iterative review process, involving multiple readings to meticulously extract precise responses to the sub-problems. Substantive statements relevant to the research phenomena were discerned from the transcripts of the informants. These significant statements were then systematically organized into clusters, resulting in the formation of sixteen distinct thematic clusters. The process continued with the development of formulated meanings derived from these clusters, and from these, a refined set of nine (9) emergent themes materialized. This analytical progression allowed the researcher to distill and synthesize the wealth of information embedded in the data, ultimately facilitating a comprehensive and nuanced understanding of the intricacies within the lived experiences of the participants in relation to the Therapeutic Community Modality Program.

Pre- Released Experiences

- The Irrevocable Passage of the Point of No Return
- Nurturing Interconnectedness in the Therapeutic Community Modality Program
- Divine Resilience
- Unveiling the Transformative Power of Learning

Post- Released Experiences

- Embracing Personal Evolution
- Upholding Human Dignity
- Transformative Wisdom
- The Liberation of Happiness in Freedom

Impacts of TCMP on the Lives of the Informants

- The Role of TCMP as the Catalyst of Change in Individual Lives

Pre- Released Experiences

The Irrevocable Passage of the Point of No Return - A substantial majority of the informants found themselves at this critical juncture during their therapeutic sojourns. Their narratives resonated with striking similarities, revealing a shared trajectory of adaptation, adjustment, and acceptance of life's unvarnished realities within the therapeutic environment. In reflecting upon their transformative experiences, these individuals shared profound narratives, accentuating the inescapability of their circumstances and the poignant realization that a definitive life trajectory had been set. Their accounts resonated with the profound sentiment that they had arrived at a "point of no return," a juncture where retracing their steps became an implausible prospect. The informants emphasized that the key to moving forward lay in the imperative acts of acceptance and adaptation to their newly defined environment. It became evident through their narratives that the emotional challenges they grappled with could only find solace through a conscious embrace of the harsh realities surrounding them. From the researcher's discerning perspective, a compelling revelation emerged - the acceptance of stark reality transcended being a mere coping mechanism; it evolved into an essential means to alleviate the emotional anguish inherent in the incarcerative experience. This profound acceptance became the linchpin for navigating the intricate terrain of their therapeutic transition, symbolizing a definitive departure from their past and fortifying the inexorable nature of their ongoing journey.

Nurturing Interconnectedness in the Therapeutic Community Modality Program: In the intricate milieu of a diverse cultural environment, the theme of "Communal Compassion" surfaces as a profound revelation within the context of the Therapeutic Community Modality Program (TCMP). The act of showing care and concern to others emerges as a pivotal element, serving as a cornerstone for fostering harmonious relationships in the midst of diversity. The TCMP, as an immersive experience, acts as a transformative lens for the informants, unveiling the profound realization that in the complex tapestry of life, no individual exists in isolation. The necessity to be adaptable and flexible becomes apparent as the informants navigate their way towards coexisting harmoniously. This adaptation is not merely a surface-level adjustment but a deeper understanding of the interconnectedness that underpins communal living within the TCMP environment. Moreover, the expression of care and concern extends beyond individual relationships, evolving into a broader sense of responsibility. The TCMP empowers informants with the skills and awareness to cultivate compassion within the entire jail community. This expanded outlook underscores a communal ethos, emphasizing the role of each individual in contributing to the well-being of the collective. The transformative impact of TCMP is evident as the majority, if not all, informants reveal their experiences of

actively practicing care and concern for others. Their narratives showcase the program's efficacy in not only instilling personal growth but also in fostering a sense of shared responsibility and interconnectedness within the jail community. This theme encapsulates the transformative power of compassion in fostering a supportive and empathetic environment within the TCMP setting.

Divine Resilience: The researcher intricately explored the profound spiritual dimensions of the informants' experiences, where many expressed a profound conviction that God is the omnipotent force guiding their journey. TCMP, as a transformative conduit, played a pivotal role in unveiling the true meaning of life and purpose by exposing participants to diverse religious activities. This exposure served as a catalyst, opening their eyes to the presence of a supreme being behind bars, offering guidance and protection. Within the jail confines, the informants encountered God's word, and through this spiritual exploration, they learned to find solace and meaning, particularly in the face of adversity. The majority attested to the transformative impact of encountering God during challenging situations, illustrating how their spiritual resilience became a beacon of strength and hope within the TCMP environment. This theme encapsulates the spiritual metamorphosis experienced by informants, underscoring the program's role in fostering a profound connection to faith and resilience in the face of life's tribulations.

Unveiling the Transformative Power of Learning: In the vibrant tapestry of personal development, TCMP stands as a beacon, championing the profound philosophy that "To Learn is to Acquire Knowledge." Rooted in this ethos, TCMP activities are not mere educational pursuits but transformative journeys that intricately weave self-competence, knowledge expansion, and the cultivation of a positive mindset and strong work ethics. At the heart of TCMP's pedagogical approach is a commitment to nurturing holistic growth. It transcends the conventional boundaries of learning by seamlessly integrating diverse activities that serve as both laboratories for skill acquisition and crucibles for introspection. As participants engage in this dynamic amalgamation of experiences, they embark on a quest that goes beyond the rote memorization of facts, delving into the realms of critical thinking, emotional intelligence, and adaptability. The essence of TCMP lies in its transformative impact on individuals. It's not merely a conduit for knowledge transfer but a catalyst for personal metamorphosis. Testimonials from informants resonate with the sentiment that TCMP activities are pivotal moments in their lives, moments that expand intellectual horizons, enhance self-awareness, and catalyze a positive mindset that reverberates in their professional and personal spheres.

Post- Released Experiences

Embracing Personal Evolution: The informants in this narrative stand as testament to a collective resolve to evolve beyond the confines of their past experiences. Their relentless commitment to staying abreast of advancements in the realm of recovery became a driving force, underscoring the significance of personal growth as a foundational principle. Rather than fixating on external accolades or societal validation, the focus shifted inward, emphasizing the transformative power of self-improvement. As these individuals embarked on their journey of personal growth, a palpable sense of apprehension about the future loomed.

The transition back into the community presented challenges and uncertainties, yet a resolute determination prevailed. The recognition that it is never too late to embark on a new chapter in life became a guiding principle, fostering hope and resilience in the face of adversity. The concept of personal growth before vested status symbolizes more than a mere philosophical standpoint; it signifies a profound shift in perspective and a commitment to self-discovery. It encapsulates the idea that the true essence of success lies not solely in external markers of achievement but in the internal metamorphosis that precedes them. This paradigm shift serves as the cornerstone of a new beginning, where individuals, armed with newfound insights and resilience, re-enter society with a transformed sense of purpose and identity.

Upholding Human Dignity: Within the framework of the Therapeutic Community Model Program (TCMP), a poignant revelation surfaces – the paramount importance of respect and dignity in shaping the trajectory of an individual's life. As the researcher delves into the nuanced responses of the informants, a prevalent concern emerges: the apprehension about potential discrimination upon reintegration into the community. This exploration not only unravels the genuine fears of the informants but also sheds light on their remarkable resilience and optimism in the face of adversity. In the candid accounts of the informants, the specter of discrimination casts a shadow over their aspirations for a seamless reintegration into society. The fear of being ostracized or stigmatized becomes a palpable concern, reflecting a broader societal challenge. Through the lens of TCMP, the researcher navigates these concerns, recognizing the pivotal role that respect and dignity play in fortifying individuals against the corrosive impact of discrimination. The recognition of the intrinsic value of dignity becomes a beacon of strength for individuals navigating the precarious terrain of reintegration. Dignity, in this context, is not merely an abstract concept but a tangible force that empowers individuals to withstand the pressures of societal judgment. It becomes a transformative catalyst, shaping the informants' mindset and enabling them to confront discrimination with resilience and self-assurance.

Transformative Wisdom: The theme of gaining insights after enduring pain unfolds as a beacon of wisdom in the complex tapestry of human existence. It heralds a message of empowerment, suggesting that our responses are the linchpin in determining the quality of our lives. The transformative journey, marked by conscious and positive responses to life's trials, emerges as a pathway to enduring happiness. Thus, the narrative invites reflection on the profound truth that amidst life's tribulations, our capacity to gain insights and respond positively becomes the catalyst for a richer, more fulfilling existence.

The Liberation of Happiness in Freedom: The narrative begins by acknowledging the transformative power that incarceration can have on individuals. Behind bars, the stark realization dawns that societal rules and regulations are not mere constraints but the threads that weave the fabric of a harmonious community. The understanding that one's role extends beyond personal freedom to actively contributing to the welfare of society becomes a cornerstone in the pursuit of happiness. A critical thread woven into this exploration is the recognition that individual actions resonate profoundly within the familial unit—the divine building block of society. Inmates, having traversed a journey of self-reflection, emerge

with a heightened awareness of the impact their choices have on their families. This realization becomes a powerful motivator for personal growth, as the pursuit of happiness becomes intertwined with the desire to positively contribute to the well-being of loved ones. The narrative takes a poignant turn as it explores the immeasurable joy experienced by inmates upon reuniting with their loved ones. The prospect of being together again signifies not just physical proximity but the triumph of personal transformation. The anticipation of unbreakable bonds and the belief that they have evolved into better individuals infuse the moment with a vivid sense of happiness. Through the informant's verbalization of these emotions, the narrative captures the profound impact of newfound freedom on the human spirit.

Impacts of TCMP on the Lives of the Informants

The Role of TCMP as the Catalyst of Change in Individual Lives: At the heart of this exploration lies the recognition that TCMP is not merely a program; it is a dynamic force that holds the very essence of life's essentiality. The term "Catalyst of Change" encapsulates the program's transformative power, emphasizing its pivotal role in instigating profound shifts in the thoughts, behaviors, and outlooks of individuals who undergo its processes. It signifies a potent agent that triggers a sequence of transformative events, ushering in positive change in the lives of participants. The characterization of TCMP as a "complete program" underscores its holistic nature. It goes beyond addressing surface-level issues, delving into the depths of individuals' experiences and challenges. By encompassing various facets of personal growth, rehabilitation, and community reintegration, TCMP emerges as a comprehensive framework that addresses the multifaceted dimensions of individual lives. The completeness of the program lies in its ability to cater to the diverse needs of participants, making it a truly transformative journey. Describing TCMP as carrying the "essentiality of life" emphasizes its fundamental significance. The program becomes more than a set of interventions; it becomes a vital component in the journey of rediscovery and rehabilitation. This characterization implies that TCMP doesn't just aim for superficial changes but delves into the core of what makes life meaningful and purposeful for individuals undergoing the process.

DISCUSSION

The result of this study is supported by the anchor theory which is the Albert Bandura's Reciprocal Determinism Theory. Bandura asserted that, there three factors that influences behavior; (a) the environment (b) the individual and (c) the behavior itself. For instance, during the stay of the informants in jail they learned to accept and adjust to the environment because they are in the "point of no return". This situation made them realized the importance of everything in their life such as work, family and God. Thus everything changes from the environment to their behavior itself. The result of this study also supported by the Burges and Akers Social Learning Theory, it is cited in this theory that people engage in criminal behavior because of three reasons: beliefs, models and differential reinforcement. As the researcher analyzes the informant's responses it is being quoted that they able to "acquire knowledge" from the activities. This quotation explicates that the activities as good model will serve as a differential reinforcement that will change the wrong beliefs of a certain individual.

It also supported by Bo Lozoff and Michael Braswell's Theory of Rehabilitation through Inner Correction it states that the primary goal of inner corrections is to help build a happier, peaceful person in the prison, a person whose newfound self-honesty and courage can steer him or her to the most appropriate programs and training. TCMP is a "catalyst of change" for the reason that it serves as a training ground for the restoration of the essentially of life.

Pre-Released Experiences: There were four (4) emergent themes created to answer the pre-released experiences of the informants, to wit:

The Irrevocable Passage of the Point of No Return: The theme under consideration unravels the profound and often transformative experiences of individuals during their incarceration. A common sentiment emerges among the informants, suggesting that they found themselves at the "point of no return" within the confines of the prison walls. This realization, though initially laden with a perceived impossibility of turning back, becomes a catalyst for a paradigm shift. The discussion delves into the informants' journey towards acceptance, an imperative adjustment to the reality of life within the complex dynamics of a correctional facility. The notion that most, if not all, informants believe they have reached the "point of no return" paints a vivid picture of the psychological threshold they grapple with during their incarceration. The perceived impossibility of turning back becomes a mental barrier, a daunting obstacle that, when examined closely, reveals itself to be a construct of the imagination. This mental barrier sets the stage for a poignant realization: the only viable path forward lies in accepting and adjusting to the reality of life within the confines of the prison. The assertion made by Stedman (1964) resonates with the experiences of the informants, drawing a poignant parallel between life's unpredictable journeys and the concept of the "point of no return." Stedman's analogy of air travel accentuates the significance of reaching a juncture where the only viable option is to press on. This concept becomes a powerful metaphor for the inmates' journey, reinforcing the idea that acceptance and adaptation become the cornerstones of moving forward, even in the face of seemingly insurmountable challenges. The theme of the "point of no return" becomes a lens through which the profound journey of inmates is examined. Beyond the initial sense of impossibility, it opens a gateway to acceptance and adjustment. Stedman's analogy and the wisdom from Anonymous contribute to the narrative, reinforcing the idea that life's unpredictable nature necessitates resilience, acceptance, and an embrace of the uncharted journey ahead. The inmates, like travelers reaching a point of no return, find within themselves the strength to press on and redefine their paths within the bounds of their current reality.

Nurturing Interconnectedness in the Therapeutic Community Modality Program: Nurturing interconnectedness within the Therapeutic Community Modality Program (TCMP) goes beyond the conventional understanding of the golden rule – "treat others how you want to be treated." As highlighted by Lee (n.d.), this principle extends far beyond simple acts of kindness or being available in times of need. It challenges individuals to cultivate a profound sense of equality that might often go unnoticed in our daily interactions. The essence lies in a transformative shift in perspectives and attitudes. Some informants in the program have emphasized the importance of not just treating others as

you would want to be treated but also thinking about others in the way you desire to be thought of. It involves feeling for others in a manner you wish to be felt about and speaking to others with the same respect and consideration you would expect for yourself. In essence, TCMP instills values that transcend mere reciprocity, emphasizing genuine concern and care not only for co-inmates but for every member of the community. This approach encourages individuals to be mindful of the intricate web of relationships that form the foundation of the therapeutic community. It prompts participants to consider the impact of their thoughts, emotions, and words on the collective well-being. By fostering empathy and understanding, TCMP aims to create a supportive environment where each individual feels acknowledged, respected, and valued. In the context of TCMP, interconnectedness becomes a guiding principle that extends beyond the immediate therapeutic setting. It encompasses a broader sense of community, emphasizing the importance of extending care and consideration to everyone within and beyond the program. This holistic approach not only contributes to the personal growth of individuals but also cultivates a positive and inclusive community spirit. By encouraging informants to adopt a proactive stance in shaping their perspectives and attitudes, TCMP seeks to create a ripple effect of compassion and interconnectedness that transcends the boundaries of the therapeutic community. In doing so, the program not only addresses individual well-being but also plays a vital role in fostering a harmonious and supportive community that extends its positive influence beyond the confines of the therapeutic setting.

Divine Resilience: In reflecting on their pre-released experiences, all informants unanimously express a profound realization of the significance of God in one's life. The transformative impact of immersing oneself in the teachings of the Bible becomes evident as they conscientiously engage with the word of God, leading to a sincere effort to reshape their lives. The testimonies bear witness to the Bible's unparalleled ability to effect positive change. It serves as a beacon of hope and a catalyst for personal transformation, with stories abound of individuals breaking free from the clutches of addiction and self-destructive behaviors by embracing the teachings encapsulated in the sacred text. As articulated by Warren (2014), the Bible possesses the unique ability to mold individuals, turning alcoholics into sober and clean beings, and transforming once abusive and self-centered individuals into pillars of virtue – godly husbands, devoted fathers, and responsible citizens within their communities. Warren's assertion that laws alone cannot change human hearts resonates profoundly with the experiences shared by the informants. The narratives unveil a deeper truth: the limitations of societal constructs and regulations in fostering genuine change. The essence of transformation lies not in legislative measures but in a spiritual awakening, a connection with the divine that transcends the external and reaches the core of one's being. It becomes evident that God, as portrayed in these experiences, is the linchpin of change. The narratives suggest that divine intervention is a catalyst for profound shifts in perspective and behavior. However, a critical nuance arises – the receptivity of the heart. While God desires to effect change, the sincerity of an individual's actions becomes a pivotal factor. The transformative power of God's influence is unleashed when met with a genuine and earnest response from the individual, emphasizing the symbiotic nature of this spiritual journey.

Unveiling the Transformative Power of Learning: The transformative power of learning is underscored by Dudovskiy (2013), who, drawing on the Theory of Identical Elements put forth by Thorndike and Woodworth in 1901, asserts that the efficacy of training transfer hinges on the degree of similarity between the training and performance environments. In essence, this theory posits a positive correlation between the resemblance of the training and performance settings and the magnitude of training transfer. This concept opens a compelling avenue for understanding the dynamics of skill acquisition and application. Applying this theory to the context of the Therapeutic Community Modality Program (TCMP), it becomes evident that the program's diverse range of initiatives is strategically designed to address the multifaceted needs of inmates. Whether focusing on behavioral, emotional, psychological, intellectual, or spiritual skills, each facet of the program is meticulously tailored to cater to the specific challenges faced within the confines of the prison environment. However, the true brilliance of TCMP lies in its foresight, recognizing that the impact of these programs extends far beyond the prison walls. The various programs implemented within TCMP serve as conduits for skill transferability into broader society upon an inmate's release. By addressing the holistic spectrum of an individual's needs, TCMP equips participants with a comprehensive skill set that resonates with real-world challenges. The theory's assertion that the more the training environment mirrors the performance setting, the more effective the transfer, finds resonance in TCMP's approach. The alignment of program elements with the societal context facilitates a smoother transition for individuals reintegrating into the community. For instance, a program that focuses on emotional intelligence within the prison environment can be seamlessly transferred to the societal landscape, where emotional resilience and understanding are equally essential. The parallel between training and performance environments becomes a bridge for individuals to apply the acquired skills in their day-to-day lives, fostering a sense of empowerment and self-efficacy.

Post- Released Experiences

Embracing Personal Evolution: Embracing the concept of personal evolution involves delving into the intricacies of personality, and according to McLeod (2014), Carl Jung's Personality Theory offers valuable insights into the dynamics of introversion and extroversion. Jung's framework distinguishes between two fundamental attitude types: Introverts, who derive stimulation from within, and Extroverts, who draw their stimulation from the external environment. This foundational differentiation sets the stage for a nuanced understanding of how individuals engage with the world around them. Expanding on Jung's framework, the Personality Theory further categorizes introverts and extroverts into four subtypes based on the functions that influence their perception of the world. Among these subtypes, the dimensions of Thinking and Feeling offer particularly relevant insights into how individuals process information and make decisions. Thinking: This subtype involves applying reasoning to situations and environments. An example from the context of the TCMP could be illustrated by Informant 1, who exemplifies a thoughtful approach. Informant 1 engages in a meticulous analysis, weighing the pros and cons before arriving at a decision. This rational and logical processing of information aligns with the thinking-oriented personality sub type.

Feeling: On the other hand, the feeling-oriented sub type involves applying subjective, personal assessments to situations. Contrasting with Informant 1, Informant 2 relies on her feelings as the guiding force in decision-making. If something feels right, she embraces it; if not, she instinctively steers clear. This emotional and intuitive approach resonates with the feeling-oriented personality sub type. In the context of the Therapeutic Community Modality Program (TCMP), the incorporation of Jung's personality theory becomes a foundational element for personal growth. Recognizing and understanding one's introverted or extroverted tendencies, coupled with the nuances of thinking or feeling orientations, allows participants to navigate their own cognitive and emotional landscapes. The theory's application within TCMP suggests that this self-awareness serves as a catalyst for personal evolution. Learning from past actions, as highlighted by program participants, becomes a key component of this transformative journey. By reflecting on and internalizing lessons from their own experiences, individuals within TCMP gain valuable insights into their thinking and feeling processes. This heightened self-awareness becomes a powerful tool for making wiser decisions in future situations.

Upholding Human Dignity - In the context of TCMP, the journey toward upholding human dignity involves a multifaceted approach. Firstly, the program recognizes that each participant is more than the sum of their mistakes. It goes beyond the punitive aspects of the justice system, aiming to restore a sense of humanity to individuals who have been incarcerated. This recognition is not only essential for the individuals themselves but also contributes to a broader societal understanding that acknowledges the potential for growth and transformation in every person. TCMP is closely tied to the cultivation of self-worth and positive self-perception. By providing a therapeutic community that encourages self-reflection and personal growth, TCMP empowers individuals to see themselves in a new light. The emphasis on strengths rather than weaknesses, coupled with communal support, fosters an environment where participants can rebuild their confidence and envision a future where they contribute positively to society. The impact of upholding human dignity extends beyond the individual to the community within TCMP. The program fosters a culture of mutual respect, empathy, and shared responsibility among participants. This communal support becomes a powerful force in breaking down societal stigmas and judgments associated with incarceration, creating an environment where individuals feel safe to express themselves authentically.

Transformative Wisdom - Transformative wisdom often begins with introspection and self-reflection. Individuals who engage in a deliberate examination of their experiences, choices, and emotions have the opportunity to derive wisdom from these reflections. In the context of TCMP, participants embark on a journey of self-discovery, contemplating their past actions and understanding the root causes of their behavior. This self-awareness becomes a cornerstone for transformative wisdom. One hallmark of transformative wisdom is its practical application to future situations. It goes beyond theoretical knowledge and becomes a guide for making wiser decisions. In the context of TCMP, individuals internalize lessons from their past experiences, allowing them to navigate future challenges with a newfound understanding and an enhanced ability to make informed choices that contribute to their rehabilitation and reintegration into society.

Transformative wisdom is not just a set of isolated insights; it often integrates into a comprehensive life philosophy. In TCMP, individuals may develop a holistic perspective on their lives, relationships, and societal roles, creating a foundation for sustained positive change and contributing to their successful reintegration into the community.

The Liberation of Happiness in Freedom: The liberation of happiness in freedom encourages creative expression and the pursuit of activities that bring fulfillment. Freedom provides the canvas for individuals to explore their passions, engage in meaningful work, and express themselves authentically. This creative autonomy contributes to a sense of purpose and joy. The theme challenges societal expectations and norms that may restrict individual happiness. True freedom allows individuals to transcend societal judgments, cultural norms, or stereotypes, enabling them to define happiness on their own terms. This liberation from external pressures fosters a more authentic and fulfilling pursuit of happiness. True freedom doesn't imply a lack of responsibility; rather, it involves responsible decision-making that considers ethical implications. The liberation of happiness in freedom acknowledges the interconnectedness of individuals and encourages choices that contribute positively to the well-being of oneself and others.

CONCLUSION

The exploration of the Therapeutic Community Modality Program (TCMP) reveals a profound journey of transformation for individuals within the criminal justice system. At the core of this transformative experience lies Albert Bandura's Reciprocal Determinism Theory, which postulates the dynamic interplay between the environment, individual, and behavior. Bandura's theory is particularly evident during the inmates' stay within the TCMP, where the reciprocal influence of their internal states, external environment, and behavioral patterns becomes a central theme. Within the TCMP, the environment plays a pivotal role in shaping the lived experiences of the individuals. The structured and therapeutic setting of the program creates an atmosphere conducive to self-reflection, personal growth, and rehabilitation. The physical layout, the communal living spaces, and the various activities designed for skill development all contribute to an environment that actively encourages positive behavioral changes. Bandura's theory emphasizes the bidirectional influence, highlighting how the environment influences individual behavior while also acknowledging the capacity of individuals to shape their environment. In the case of TCMP, the inmates actively engage in the process of creating a supportive community, fostering interpersonal relationships, and participating in transformative activities that contribute to a positive and growth-oriented atmosphere. The reciprocal determinism within TCMP is further exemplified by the individual's agency in influencing their own behavioral patterns. Through the structured programs, counseling sessions, and educational activities, participants are provided with tools and opportunities for self-improvement. The emphasis on learning, skill acquisition, and emotional intelligence underscores Bandura's assertion that individuals are not passive recipients of environmental influences but active contributors to their own development. Inmates, by reflecting on and internalizing lessons from their own experiences, gain valuable insights into their thinking and feeling processes. This heightened self-awareness becomes a powerful tool for making wiser decisions

in future situations, showcasing the bidirectional relationship between individual cognitive processes and behavioral outcomes. Moreover, the interpersonal dynamics within TCMP highlight Bandura's theory by emphasizing the role of social modeling and observational learning. Inmates serve as models for each other, sharing experiences, supporting one another, and collectively working towards rehabilitation. The communal compassion theme, identified through the interconnectedness nurtured within the TCMP, reflects Bandura's idea that individuals learn from observing and imitating the behaviors of others. In this context, the therapeutic community becomes a microcosm where positive behaviors are modeled and reinforced, contributing to the reciprocal determinism that shapes the transformative experiences of the participants. As individuals progress through TCMP, the reciprocal determinism becomes a driving force for change. The environment molds behavior, individuals actively shape their surroundings, and the learned behaviors influence both personal and communal growth. Bandura's theory provides a robust framework for understanding the complexity of the transformative journey within TCMP, emphasizing the bidirectional relationships that define the interplay between environment, individual agency, and behavioral outcomes. In essence, the reciprocal determinism inherent in TCMP becomes a catalyst for positive change, illustrating how the dynamic interactions between the environment and individuals contribute to the transformative experiences of those seeking rehabilitation within the criminal justice system.

IMPLICATION FOR PRACTICES

First, The findings from the exploration of the Therapeutic Community Modality Program (TCMP) underscore the importance of designing holistic rehabilitation programs within the criminal justice system. Practitioners and policymakers should prioritize the development and implementation of programs that address the multifaceted needs of individuals in correctional facilities. TCMP's success in fostering transformative experiences is rooted in its comprehensive approach, encompassing psychological, emotional, educational, and spiritual dimensions. Future practices should consider adopting similar holistic models, recognizing that rehabilitation extends beyond punitive measures to include opportunities for self-improvement, skill acquisition, and personal growth. This implies a shift in focus from merely detaining individuals to providing them with the tools and support needed for successful reintegration into society.

Second, Albert Bandura's Reciprocal Determinism Theory highlights the bidirectional relationship between individuals and their environment. In light of this, correctional facilities should prioritize creating environments that promote positive behavioral changes. The physical layout, communal living spaces, and activities within correctional institutions play a crucial role in shaping the experiences of individuals. Practices should aim to establish supportive and therapeutic environments that encourage self-reflection, interpersonal relationships, and personal development. This may involve the incorporation of educational programs, vocational training, and counseling services within correctional facilities. By actively shaping a positive environment, practitioners contribute to the reciprocal determinism that influences inmates' behaviors, fostering a culture of rehabilitation and personal growth.

Third, The exploration of TCMP highlights the significance of social modeling and peer support in the rehabilitation process. Practitioners should recognize the influential role that individuals play in shaping each other's behaviors within the correctional setting. To leverage this dynamic, practices should prioritize the creation of programs that encourage positive social modeling and foster a sense of community and interconnectedness among inmates.

Peer support groups, mentorship programs, and collaborative activities can serve as mechanisms for individuals to learn from each other, share experiences, and collectively work towards rehabilitation. By emphasizing the positive aspects of social influence, practitioners can harness the power of reciprocal determinism, creating a supportive network that reinforces pro-social behaviors and contributes to the overall success of rehabilitation initiatives.

IMPLICATION FOR FUTURE STUDIES

First, Future studies could benefit from a longitudinal approach to examine the sustained impact of therapeutic community modalities on individuals post-release. Understanding the long-term trajectories of participants, including their ongoing challenges and successes in the community, would provide valuable insights into the lasting effects of rehabilitation programs. Longitudinal studies could track factors such as recidivism rates, employment stability, and social integration over an extended period, offering a comprehensive understanding of the enduring impact of therapeutic interventions.

Second, A comparative analysis of various rehabilitation models within the criminal justice system could contribute to a nuanced understanding of their effectiveness. Future studies might explore and compare the outcomes of therapeutic community modalities with other rehabilitation approaches, such as cognitive-behavioral therapy, vocational training programs, or restorative justice initiatives.

This comparative lens would allow researchers to identify the strengths and weaknesses of different models, informing practitioners and policymakers about the most effective strategies for fostering positive post-release experiences.

Third, As technology continues to advance, future studies could explore the integration of digital tools and virtual platforms in rehabilitation programs. Investigating the efficacy of online educational modules, virtual support networks, or teletherapy sessions within correctional facilities could offer innovative approaches to enhance rehabilitation outcomes. Understanding how technology can be leveraged to overcome barriers to access and engagement would be critical in designing effective, scalable, and inclusive rehabilitation interventions for individuals in the criminal justice system.

CONFLICT OF INTEREST STATEMENT

The authors declare that they have no conflict of interest.

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