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Erasmus+ | KA2 - Cooperation partnerships in adult education  
Project no. 2022-1-CY01-KA220-ADU-000088959

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## Empowering Reintegration Through Acceptance and Commitment Therapy (ACT)

The RECOMMIT project harnesses the power of Virtual Reality (VR) and other digital tools to support inmates in developing essential psychological skills. These skills range from effective communication to value-based decision-making and actions, all rooted in Acceptance and Commitment Therapy (ACT).

By focusing on psychological flexibility, we help individuals adapt, grow, and thrive in their journey toward reintegration.



ACT is a scientifically supported therapy that falls under third-wave cognitive-behavioral therapies, emphasizing acceptance, mindfulness, and commitment to personal values. It has been widely applied to treat anxiety disorders, depression, chronic pain, trauma, and substance abuse, but its principles extend beyond clinical use.

In workplace and coaching settings, ACT helps individuals enhance performance, resilience, and emotional well-being, making it a powerful tool for reintegration. Given its adaptability and effectiveness, ACT serves as the ideal framework for RECOMMIT's objectives.

One of the greatest challenges faced by ex-offenders is reintegration into the workplace. Stigma and low confidence often make it difficult to find and maintain employment. Many individuals struggle with team dynamics, professional communication, and conflict resolution, especially after prolonged social isolation.



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ACT's approach aligns perfectly with these challenges, helping individuals accept their past without letting it define their future. By committing to positive change and aligning their actions with their core values, they develop resilience and a proactive mindset. Psychological flexibility enables them to move beyond limitations, take control of their actions, and build a fulfilling personal and professional life.

Through the RECOMMIT project, we are not only teaching skills but empowering individuals to reclaim their future. By leveraging evidence-based psychological strategies and innovative technology, we are creating new pathways for successful reintegration. Our commitment is to support ex-offenders in developing the tools they need to overcome barriers, build meaningful relationships, and contribute positively to their communities.

The ability to express oneself confidently, collaborate effectively, and manage conflicts constructively is essential for successful reintegration. Interpersonal communication plays a key role in this process.

Through active listening, empathy, and assertiveness, ex-offenders can rebuild connections and integrate into professional environments. Learning to interpret and use nonverbal cues helps convey sincerity and openness, while conflict management skills enable them to navigate disagreements with respect and composure. These communication skills contribute to a more inclusive and understanding workplace, easing the transition for individuals reentering society.

