Cognitive Behavioral Therapy as a Cost-Effective Tool for Sustained Violence Reduction

In Liberia, an 8-week CBT program paired with cash transfers, called the Sustainable Transformation for Youth in Liberia (STYL) program, successfully reduced criminal,
violent, and other antisocial behaviors over a ten-year period. The STYL program, developed by the local community organization Network for Empowerment & Progressive Initiative (NEPI), involved therapy led by reformed street youth and ex-combatants. The program was low-cost, with a budget of $530 US per participant for CBT, cash, and administration.

June 06, 2022