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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.

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