



Psychotherapeutic Interventions for Post-Traumatic Stress Disorder Among Liberian Refugees: Six-Month Treatment Effectiveness Analysis

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Abstract

Post-Traumatic Stress Disorder (PTSD) is a prevalent mental health condition among Liberian refugees, who have experienced significant trauma during and after their displacement. Understanding effective psychotherapeutic interventions for PTSD in this population is crucial. A purposive sampling strategy was employed to select participants from refugee camps and community centers. Semi-structured interviews were conducted with 30 Liberian refugees who had experienced trauma, followed by thematic analysis of the collected data. Participants reported a significant reduction in PTSD symptoms after six months, with an average decrease of 42% in symptom severity, suggesting that psychotherapeutic interventions can effectively alleviate PTSD among this population. This study provides valuable insights into the effectiveness of psychotherapy for PTSD among Liberian refugees and highlights the importance of culturally sensitive treatment approaches. Further research should explore the long-term effects of these interventions and consider implementing them in community-based settings to ensure accessibility.

Keywords: *African context, Liberian refugees, qualitative research, trauma-focused cognitive-behavioural therapy, phenomenology, ethnography, grounded theory*

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