

The research aimed to verify the effectiveness of the cognitive-behavioral counseling program in reducing the severity of post-traumatic stress disorder symptoms among students of the Faculty of Education, University of Damascus, and to verify the continuity of this program, in addition to identifying the level of post-traumatic stress disorder among students and their level of psychological well-being. (10) students in the fourth year of study, (10) students in the fifth year of study, and the research tool was represented by two scales (post-traumatic stress disorder and psychological well-being) that were applied to the sample, and the research showed results including the following:, the presence of statistically significant differences between the pre- and post-performance of the experimental group members on the total score and the sub-dimensions of the PTSD scale in favor of the pre-measurement. There was a significant impact of the counseling program in reducing symptoms of post-traumatic stress disorder and improving the level of psychological well-being among members of the experimental group

Keywords: program of cognitive behavioral counseling, post-traumatic stress disorder, psychological well-being. There were differences between the experimental and control groups in their post-test performance on the total score and the sub-dimensions of the PTSD scale, in favor of .the control group