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## **ABSTRACT FORM**

**Title:** Training in Systemic Thinking and its Applications (Lecture)

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**In the course of our metamodern societies, systemic thinking seems to be necessary for the social scientists especially those in the helping professions, irrespectively of speciality or specialization.**

In this paper we present how two groups of trainees –most female psychology and social work graduates- evolved in the course of one-year training program held at the Laboratory for the Study of Human Relations.

The rationales behind the program and the various forms of both theoretical and experiential transactions encouraged among the trainees, are described.

Moreover, the tools and the means used in the context of an ongoing cognitive-emotional elaboration are depicted, such as stimulus presentations from a variety of experts in systemic applications, supervision on the trainees' issues, etc. It is also shown how in the course of constant formation of new constructions, the trainees come up with “bridges” uniting different stages of self-reference; such as moving from the uncertainty of a graduate, to the assertiveness of a future professional or from the confusion of thinking along various theoretical models to the satisfaction coming from using a unifying model that “permits” constant change.