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**Type of Presentation:** Workshop

**The Young Ones! #transdiagnostical #grouptherapy #youngsters #buildingbridges #humor #changetheculture #mentalhealth**

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**Learning Goal:**

You will learn how an ACT-based 'out-of-the-box' transdiagnostical group initiative for young people with mental health problems was implemented within a mental health organization in Amsterdam, and will most of all experience this training method to learn how to work with ACT and people with different backgrounds and struggles.

**Abstract Text:**

In this fun and active workshop you will learn about and experience how a practice-based initiative for young people with different kinds of symptoms and struggles works. Initiative-taker and researcher Kim Helmus shares how she and her colleagues implemented this initiative five years ago within the biggest mental health organization in Amsterdam, the Netherlands. The Young Ones is an initiative that helps to change the organization from within towards more flexibility, defusion around 'mental health diagnoses', spreads humor, increases the joy within the departments and helps young people to cope with life differently.

The two researchers will present how this initiative was implemented within an organization that is relatively new to ACT and transdiagnostical treatments and about the results. Furthermore, the research connected to this initiative will be shared shortly. You will then experience parts of the initiative, where we will also practice with some of the Young Ones methods of ACT in order to learn how to work with ACT and people with different backgrounds and struggles.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**