



SSSPP
SWISS SOCIETY
FOR SPORTS PSYCHIATRY
AND PSYCHOTHERAPY

4th International Conference on Sports Psychiatry (ICSP)

May 8 – 9,
2026

Psychiatric Centre
Muensingen
Switzerland

Sport, Exercise and Mental Health

Congress and Annual Meeting of the Swiss Society for Sports Psychiatry and Psychotherapy in cooperation with the Austrian and German Societies for Sports Psychiatry and Psychotherapy

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Program – Morning

Friday, May 8, 2026

- 08:00** Registration
- 08:45** Opening and Welcome Remarks
Malte Claussen, Conference President
Christian Imboden, SSSPP President
- 09:15** Session 1
Physical Activity and Mental Health
Chairs: Christian Imboden, Markus Gerber
- Structured Physical Activity in Swiss Psychiatric Hospitals - Current State and Recommendations
Christian Imboden, Solothurn, Switzerland
- Using dual-mode theory to design the next-generation physical activity counseling programs in patients with depressive disorders
Markus Gerber, Basel, Switzerland
- Transdiagnostic physical activity counseling in outpatient adolescent psychiatry: Results from the TRANSPAC study
Christin Lang, Bern, Switzerland
- Scaling-up trauma-informed sport and play: Moving from expert delivery to a coach-the-coach approach in forced migration settings
Florian Knappe, Basel, Switzerland
- Physical activity and mental health in university students: Results from a large international cohort study (UniLife-M)
Maria Eduarda Guimaraes, Rio de Janeiro, Brazil
- 11:15** Lecture Recreational Sports
Anabolic Androgenic Steroids in Recreational Sports
Ingo Butzke, Muensingen, Switzerland
- 12:00** Lunch Break
Sports Program, Physiotherapy PZM
Poster Presentation

Program – Afternoon

Friday, May 8, 2026

- 12:30** General Assemblies
Swiss Society of Sports Psychiatry and Psychotherapy
German Society of Sports Psychiatry and Psychotherapy
Austrian Society of Sports Psychiatry and Psychotherapy
- 13:30** Keynote 1
From Early Frameworks to International Standards: The Literature Defining Sports Psychiatry
David Prossor, London, United Kingdom
- 14:30** Session 2
Alpine Sports
Chairs: Christian Mikutta, Katharina Huefner
- Building a treatment registry for elite athletes in mountain sports to improve mental healthcare
Evelyn Pircher-Nöckler, Innsbruck, Austria
- How can we make mountain sports more easily accessible for individuals living with mental disorders?
Alina Dieminger, Innsbruck, Austria
- PTSD treatment options for alpine elite skiers recovering from highspeed accidents
Daniela Sinsel, Meiringen, Switzerland
- The potential of therapeutic climbing and bouldering psychotherapy in the treatment of mental disorders
Katharina Luttenberger, Krems, Austria
- Mental traumata in alpine Sports
Christian Mikutta, Meiringen, Switzerland
- 16:30** Panel Discussion and Interview
with Ryan Regez, Olympic Gold Medalist
- 17:30** Networking and Dinner

Program – Morning

Saturday, May 9, 2026

- 08:30** Registration
- 09:00** Opening
Malte Claussen, Conference President
- 09:15** Keynote 2
Changing the Game: The Emergence of Sports Psychiatry in the United Kingdom
Carolyn Nahman, Oxford, United Kingdom
- 10:15** Session 3
Data to Action - Interprofessional Mental Health Care in Swiss Competitive sports
Chairs: Michael Liebreuz, Daniel Birrer, Philipp Röthlin
- Mental Health in Swiss Elite Sport: Prevalence, Organisational Responses and Early Interventions
Philipp Röthlin, Magglingen, Switzerland
- From Screening to Support: Interprofessional Health-Care in Swiss Sports
Isabelle Schramm, Magglingen, Switzerland
- Mental Health Clinics in Elite Sport: A Swiss Sports Psychiatry Model
Michael Liebreuz, Bern, Switzerland
- From Physical Complaints to Mental Health Concerns: The Role of Sports Medicine in Interprofessional Care
Patrik Noack, Abtwil, Switzerland
- 12:00** Lunch Break
Poster Presentation

Program – Afternoon

Saturday, May 9, 2026

- 13:00** Keynote 3
Mental Health in Athletes Following Concussion: A Clinical Profile Perspective
Raymond J. Pan, Pittsburgh, USA
- 14:00** Session 4
Behind the Medal - Sports Psychiatry in Elite Sports
Chairs: Frank-Gerald Bernhard Pajonk, Alexander Schorb
- Mental health among professional soccer players
Frank-Gerald Bernhard Pajonk, Munich, Germany
- REDs and eating disorders in elite athletes
Petra Dallmann, Freudental, Germany
- Optimal Sports: a mental health care concept
Petra Kronberger, Krems, Austria
- From screening to support: a nationwide SMHAT-1 system for olympic and paraolympic athletes
Wojciech Waleriańczyk, Warsaw, Poland
- 16:00** Conference Closing

Lecturers

The International Conference of Sports Psychiatry (ICSP)

Daniel Birrer, Magglingen, Switzerland

Department of Sports Psychology, Swiss Federal Institute of Sport

Ingo Butzke, Muensingen, Switzerland

Clinic for Psychosis and Addiction, Psychiatric Centre Muensingen

Petra Dallmann, Freudental, Germany

Center of Excellence for Sports Psychiatry, Libermenta Clinic

Alina Dieminger, Innsbruck, Austria

University Hospital for Psychiatry II (Psychosomatic Medicine), Department for Psychiatry, Psychotherapy, Psychosomatics und Medical Psychology, Medical University of Innsbruck

Markus Gerber, Basel, Switzerland

Department of Sports, Exercise and Health, University of Basel

Maria Eduarda Guimaraes, Rio de Janeiro, Brazil

Physical Education and Sports Center, Federal University of Santa Maria

Katharina Huefner, Innsbruck, Austria

University Hospital for Psychiatry II (Psychosomatic Medicine), Department for Psychiatry, Psychotherapy, Psychosomatics und Medical Psychology, Medical University of Innsbruck

Christian Imboden, Solothurn, Switzerland

Psychiatric Services Solothurn

Florian Knappe, Basel, Switzerland

Department of Sports, Exercise and Health, University of Basel

Petra Kronberger, Krems, Austria

Applied Psychosocial Counseling Sciences, University for Continuing Education Krems

Christin Lang, Bern, Switzerland

University Hospital of Psychiatry and Psychotherapy, University of Bern

Michael Liebreuz, Bern, Switzerland

Department of Forensic Psychiatry, University of Bern

Katharina Luttenberger, Krems, Austria

Department for Psychosomatic Medicine and Psychotherapy, University for Continuing Education Krems

Christian Mikutta, Meiringen, Switzerland

Private Clinic Meiringen

Carolyn Nahman, Oxford, United Kingdom

Child and Adolescent Psychiatry, Oxford Health NHS Foundation Trust

Patrik Noack, Abtwil, Switzerland

Medbase Abtwil

Frank-Gerald Bernhard Pajonk, Munich, Germany

Department of Psychiatry and Psychotherapy, Technical University Munich

Raymond J. Pan, Pittsburgh, USA

Department of Psychiatry, Western Psychiatric Hospital, University of Pittsburgh School of Medicine

Evelyn Pircher-Nöckler, Innsbruck, Austria

University Hospital for Psychiatry II (Psychosomatic Medicine), Department for Psychiatry, Psychotherapy, Psychosomatics und Medical Psychology, Medical University of Innsbruck

David Prossor, London, United Kingdom

Forensic Psychiatry, John Howard Centre, East London NHS Foundation Trust

Philipp Röthlin, Magglingen, Switzerland

Department of Sports Psychology, Swiss Federal Institute of Sport

Alexander Schorb, Salzburg, Austria

Department of Sports Psychiatry and Sports Psychotherapy, University Hospital of Psychiatry, Psychotherapy and Psychosomatics, Paracelsus Medical University

Isabelle Schramm, Magglingen, Switzerland

Department of Sports Psychology, Swiss Federal Institute of Sport

Daniela Sinsel, Meiringen, Switzerland

Private Clinic Meiringen

Wojciech Waleriańczyk, Warsaw, Poland

Department of Social Sciences, Institute of Sport-National Research Institute

psychiatriezentrums münsingen
bzw. *gemeinsam lösungen finden.*

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Venue

Psychiatric Centre Muensingen
Hunzigenallee 1, 3110 Muensingen
Switzerland

Organisers

Swiss Society for Sports Psychiatry and Psychotherapy
Psychiatric Centre Muensingen

Conference Committee

Malte Claussen (Conference President)
Susanne Gähwiler (Conference Secretary)
Sandra Müller (Conference Secretary)

Contact

icsp26@pzmag.ch

Accreditation

14 Credits (SGPP, SGKJPP and SSSPP)
11 Credits (SEMS)