



**SSSPP**  
SWISS SOCIETY  
FOR SPORTS PSYCHIATRY  
AND PSYCHOTHERAPY

# 4<sup>th</sup> International Conference on Sports Psychiatry (ICSP)

**May 8.–9.**  
**2026**

**Preliminary  
Program**

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
- 09:15** Keynote 1  
**From Early Frameworks to International Standards:  
The Literature Defining Sports Psychiatry**  
David Prossor, London, United Kingdom
- 10:00** 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
- 12:00** Lunch Break  
Sports Program

## 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** Lecture Recreational Sports  
**Anabolic Androgenic Steroids in Recreational Sports**  
Ingo Butzke, Muensingen, Switzerland
- 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  
To be announced
- 20:00** Evening Program and Networking

## Program – Morning

Saturday, May 9, 2026

**08:30** Registration

**09:00** Opening  
Malte Claussen

**09:15** Keynote 2  
**Changing the Game: The Emergence of Sports Psychiatry in the United Kingdom**  
Carolyn Nahman, Oxford, United Kingdom

**10:00** 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 Noak, Abtwil, Switzerland

**12:00** Lunch Break  
Sports Program

## 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 Liebrecht, 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 Noak, 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 Prosser, 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

psychiatriezentrum 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, [sgspp.ch](http://sgspp.ch)  
Psychiatric Centre Muensingen, [pzmag.ch](http://pzmag.ch)

#### **Conference Committee**

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

#### **Contact**

[icsp26@pzmag.ch](mailto:icsp26@pzmag.ch)

#### **Accreditation**

Accreditation has been requested

#### **Registration**

QR Code ([link to registration website](#))

Please note that registration becomes binding only  
upon receipt of the registration fee in our account.

