



SSSPP
SWISS SOCIETY
FOR SPORTS PSYCHIATRY
AND PSYCHOTHERAPY

4th International Conference on Sports Psychiatry (ICSP)



**May 8.–9.
2026**

Psychiatric Centre
Muensingen
Switzerland

Preliminary
Program

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 Liebrenz, 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 Liebrenz, 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 Liebrenz, 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 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

psychiatriezentrum münsingen
bzw. *gemeinsam lösungen finden.*

pzm



Venue

Psychiatric Centre Muensingen
Hunzigenallee 1, 3110 Muensingen
Switzerland

Organisers

Swiss Society for Sports Psychiatry and
Psychotherapy, sgspp.ch
Psychiatric Centre Muensingen, pzmag.ch

Conference Committee

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

Contact

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.

