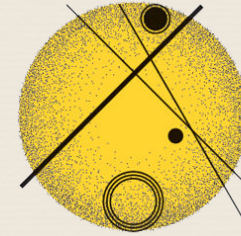




SÄPT

Swiss Medical Association for Psychedelic Therapy



Fondazione  
Alaya

# Introduction to Psychedelic-assisted Therapy

09. & 10. April 2025, Weggis, Switzerland

The global surge in interest around self-exploration and therapy using psychedelics, alongside the revival of psychedelic research and therapy in the Western world – particularly in Switzerland – has led to a significant increase in the demand for trained professionals in this field. While training programs are being offered both in Switzerland and internationally, the demand currently exceeds the available supply. As a result, many interested individuals face long waiting times or are forced to seek out alternative, often costly, and less established.

The SÄPT is now in its second cycle (second cohort) of professional training. This program primarily takes place in-person and in group settings. However, due to the intensity, extensive content, and the number of personnel required, the training can accommodate only slightly more than 20 participants every three years.

In French-speaking Switzerland, the *Association Professionnelle Suisse – Psychédéliques en Thérapie* (ASPT) offers a 2-day introductory seminar on Psychedelic-Assisted Therapy (PAT). This seminar provides a foundational overview of key topics and the latest developments in psychedelic therapy.

In collaboration with *Fondazione Alaya* – a specialist association for PAT based in Ticino – the SÄPT will also host a two-day introductory seminar in English, covering similar content. Alongside offering a concise yet well-grounded introduction to the core topics of PAT, this event aims to foster networking opportunities, bringing together professionals from Switzerland and neighbouring countries.

It is important to note that this two-day seminar is not intended to serve as comprehensive training for becoming a psychedelic therapy practitioner. Rather, it will offer an enriching starting point, inspire further learning, and provide valuable insights into the vast and complex nature of the field, serving as one of the many steps toward becoming a specialist in PAT.

**Start:** 9. April 2024, 10:00 –

**End:** 10. April 2024, 17:00

### **Target Group:**

Mental health professionals (physicians, psychologists, nurses, social workers,...)

involved or interested in PAT

30 – 60 participants

### **Workshop lead & lecturers:**

- ❖ Dr. med. Ose Hein
- ❖ Dr. med. Zefiro Mellacqua
- ❖ Prof. Dr. Dr. med. Uwe Herwig
- ❖ Dr. phil. Helena Aicher

### **Location:**

Seminar-Hotel Rigi, Weggis, Switzerland

[www.hotelrigi.ch](http://www.hotelrigi.ch)

(please book board & lodge directly with the hotel, when admitted to the course)

### **Workshop costs:**

- ❖ 300.- to 420.- CHF (at your own discretion)
- ❖ + board & lodge individually

### **Registration:**

- ❖ The number of participants is limited. Admission is on a first come – first served basis. For registration, please use the following link and fill in the form [HERE](#).
- ❖ Danja Wirth will then send you a confirmation of your registration and the bank details for the transfer of the participation fee by e-mail. If you have any questions regarding registration, please contact Danja Wirth by e-mail ([finanzen@saept.ch](mailto:finanzen@saept.ch)).
- ❖ Contact: For further information, please contact us at [agpat@saept.ch](mailto:agpat@saept.ch).

SGPP credits requested (10)



## PROGRAM OVERVIEW



provisional program,  
subject to changes

Time	Wednesday
10:00	Arrival
10:15	Welcome
11:15	Introduction, relevance, global and Swiss landscape
12:45	Lunch break
14:00	Pharmacology, neurobiological & psychological mechanisms
14:45	Current state of clinical trials
15:30	Ethics and related topics
16:30	Break
17:00	Self-experience exercise, exchange in small groups
18:00	Wrapping up the day & exchange
18:30	Dinner
20:00	Relax, enjoy, hang out

Time	Thursday
07:30	Guided meditation
08:30	Breakfast
09:00	Introduction to PAT; substance, set, setting
10:30	Break
10:45	PAT process, practice
12:30	Lunch break
14:00	Difficult situations, emergencies, side and adverse effects
15:15	Break
15:30	Open questions, small group work, meta-share
16:30	Summary / take home messages
17:00	End

