

Scalable psychological interventions: From pilot bench to implementation

An International symposium on the effectiveness, lessons learned, implementation, scale-up, challenges, and future directions in scalable psychological interventions

Program

(subject to change)

Moderator: **Dr. Ueli Schnyder**

10:00 – 10:15 Welcome Note: representatives of University of Zurich and University Hospital Zurich

10:20 – 10:50 **Dr. Naser Morina, University Hospital Zurich, University of Zurich**
Changing systems, changing lives: Lessons learned from the SPIRIT approach

10:50 – 11:30 **Dr. Aiysha Malik, WHO**
Integrating scalable interventions for mental health into the general health and care system

11:30 – 12:00 Tell your Story: Testimonials from People with Lived Experience

12:00-13:30 Lunch and Social Exchange

13:30 – 14:10 **Dr. Dixon Chibanda, Friendship Bench/London School of Hygiene & Tropical Medicine**
Reaching a million clients: Lessons from the Friendship Bench

14:10 – 14:50 **Dr. Mark Jordans, War Child, Kings' College London**
Developing and evaluating a mental health care system for children

14:50 – 15:20 **Dr. Richard Bryant, University of New South Wales**
Do we need more therapy or better systems? The case for stepped care and implementation

15:20 – 15:50 **Break**

15:50 – 16:20 **Dr. Peter Ventevogel, UNHCR**
Doing more with less? Sustaining mental health and psychosocial support amid declining resources

16:20 – 17:00 **Panel discussion**
From pilot bench to implementation: the global future of scalable mental health care

17:00 **Closing remarks**

When?

30 January 2026

10:00 - 17:00

Where?

University of Zurich
or online

Free registration:

www.spirit-network.ch