



Swiss Re

BASZUCKI
GROUP

Metabolic Psychiatry: Exploring the Evidence and Clinical Opportunities

How is metabolism reshaping our understanding and treatment of mental illness?

Join clinicians, researchers, advocates, and leaders for an immersive one-day workshop to discuss the integration of metabolism and mental health. Through compelling personal stories, cutting-edge science, practical clinical insights, and interactive discussions, participants will gain a deeper understanding of how metabolic interventions are reshaping our approach to mental illness.

Whether you are already working with metabolic approaches or looking to better understand the evidence, the event offers a unique opportunity to engage in open discussion with peers and leaders in the field, exchange perspectives, and build meaningful connections.

Save the date:



Monday, 21 September 2026



9:00 am – 5:00 pm (including a light breakfast, lunch and Aperó)



Centre for Global Dialogue, Swiss Re, Rüschlikon (Close to Zurich)



Invite only, in person event



Lea Steffens, Lea_Steffens@swissre.com
Karen Romans, karen@baszuckigroup.org

What to Expect

- **Understand the evidence:** Explore the latest science, clinical research, and ongoing debates shaping the field of metabolic psychiatry.
- **Learn from real-world experience:** Hear directly from patients and clinicians about the opportunities and challenges of metabolic interventions in practice.
- **Engage in meaningful discussion:** Exchange perspectives with peers and experts through interactive discussions.
- **Discover practical next steps:** Gain insights, resources, and connections to help evaluate the role of metabolic psychiatry in your own clinical setting.

We look forward to engaging sessions with our keynote speakers:



Jan Ellison Baszucki
Founder, Metabolic Mind; President, Baszucki Group



Dr. Georgia Ede, MD
Psychiatrist and Author specializing in Nutritional & Metabolic Psychiatry



Dr Calogero Longhitano
Associate Professor of Psychiatry and Head of Discipline, Mental Health. James Cook University, Australia



Dr. Erin Louise Bellamy
Integrative Ketogenic Research & Therapies, IKRT



Dr. John Schoonbee
Global Chief Medical Officer, Swiss Re

Additional speaker info will be added shortly.