

## INFORMATION AND REGISTRATION

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<b>Date</b>	Thursday, March 13, 2025
<b>Location</b>	Sanatorium Kilchberg, Alte Landstrasse 70
<b>Costs</b>	Participation is free of charge.
<b>Information</b>	Karin Wälchli, Phone +41 44 716 42 54 veranstaltungen@sanatorium-kilchberg.ch
<b>Registration</b>	Please register by March 6, 2025 via the QR code below.



*Seats are limited; therefore, we kindly request a binding registration.*

### **Sanatorium Kilchberg AG**

Alte Landstrasse 70 | 8802 Kilchberg | [www.sanatorium-kilchberg.ch](http://www.sanatorium-kilchberg.ch)



## Invitation to the Partner Event with Apéro Riche

### **PRESENTATION OF THE NEW INPATIENT TREATMENT PROGRAM IN ENGLISH**

Thursday, March 13, 2025

**sanatoriumKILCHBERG**

PRIVATKLINIK FÜR PSYCHIATRIE |  
PSYCHOTHERAPIE | PSYCHOSOMATIK

# Invitation to the Partner Event with Apéro Riche

## PRESENTATION OF THE NEW INPATIENT TREATMENT PROGRAM IN ENGLISH

Dear Colleagues,  
Ladies and Gentlemen

We are delighted to extend a warm invitation to our partner event, taking place on March 13, 2025, at Sanatorium Kilchberg.

In 2024, Sanatorium Kilchberg proudly introduced Switzerland's first inpatient treatment program in English. It is designed to treat stress-related disorders, including burnout and exhaustion depression.

The increasing globalization and migration trends in Switzerland present unique challenges for the Swiss healthcare system. English has become the fourth most spoken language in the country, representing around 6% of the population. Many international professionals moving to Switzerland face difficulties accessing intensive mental health care due to language barriers.

An analysis by Workmed shows that the average duration of work incapacity due to mental health issues is more than 200 days. Outpatient therapies in English are available but often not intensive enough to facilitate recovery. Due to the lack of inpatient care, there are sometimes long periods of work absence, and the return of those affected to their profession is often marked by uncertainty and instability.

We would be honored to present our new treatment program to you and engage in personal discussions to answer your questions. Following the program, we invite you to enjoy stimulating conversations and an array of international culinary delights during our Apéro Riche.

We look forward to welcoming you to this special event.

Warm regards,



Dr. oec. Simone Weiss  
Director



Dr. med. René Bridler M.H.A.  
Medical Director



Prof. Dr. med. Katja Cattapan

Deputy Medical Director  
Chief Physician, Private/Specialized Wards &  
Outpatient Services

### PROGRAM

05.30–06.00 p.m	<b>Registration</b> <i>Visual Impressions of the Sanatorium</i>
06.00–06.45 p.m	<b>Welcome</b> <i>Prof. Dr. med. Katja Cattapan / Imer Pnishi</i> <b>Presentation</b> <i>Imer Pnishi – The inpatient treatment program for stress-related disorders in English</i>
From 06.45 p.m	<b>Apéro Riche</b>

### Speaker

*Imer Pnishi has been a psychologist at Sanatorium Kilchberg since early 2022 and a senior psychologist since July 2024. His expertise includes clinical cultural psychology and treating depression and stress-related disorders. He has been instrumental in developing and implementing the treatment program in English.*

