

# ALPS FOUNDATION



Awareness Lectures on  
Psychedelics in Switzerland

ALPS Foundation Profile

# OUR STORY



ALPS is the result of a deep meditation on **Awareness, Compassion** and the question - What is the most meaningful thing we could do within the **Time of Our Life?**

Everything started with creating the first psychedelic research student association in Switzerland at University of Lausanne. **PALA** (Psychedelic Association of Lausanne for Awareness - founded in September 2019) catalyzed the efforts of the most motivated members of the psychedelic student community of Lausanne and Geneva, who then decided to expand their impact beyond the university campus.

The first meaningful aim we invested time in was education and science communication on **evidence-based awareness about psychedelics**. We drew inspiration from MAPS (Multidisciplinary Association for Psychedelic Studies, Canada) and after a series of Friday evening discussions we decided to create an independent educational non-profit organization to increase awareness on psychedelic research.

Guided by curiosity, our knowledge-seeking and committed team had a plan in mind. On a local level, **student associations** would promote science communication, while on an international level, an **academic conference** would bring together world experts and professionals to further the academic debate. The idea quickly received extensive support, with important researchers willing to present during its first edition in October 2021. At this point, the shared dream to see psychedelic research entering the mainstream started becoming a reality. Interest and support from professors, researchers, student bodies, among many others, has grown and expanded since.

Following the first conference's success, in February 2022 **ALPS Foundation** was born as a **non-profit organization**, and with that leap, the dream crystallized into a more systematic and structured shape. The second ALPS Conference took place in October 2022, on the German side of Switzerland in Bern, marking a milestone yearly Swiss event relevant for the wider international psychedelic research community and attracting important international researchers such as representatives from Imperial College London and MAPS.

We are "keeping up the good work" not only through our continued educational impact but also by integrating managerial and planning practices. We are developing three main programs for our activities. In parallel, we aim to provide a fair working environment for our volunteers and collaborators, to eventually be able to create stable professional opportunities in the field of Psychedelic Studies in Switzerland. The more we grow, the more grateful we are for having believed in a shared dream which started on a bench in front of lake Geneva, which is now tangibly turning a vision into practice on the basis of our team's shared passion.

To the present day, similar to how psychedelic substances are a tool which can be used in a variety of ways in therapeutic settings, ALPS as an institution is but a tool. We continue to ideate and imagine our organisation's myriad of future possibilities for development, in alignment with novel scientific breakthroughs.

# OUR MISSION

We educate professionals and society at large on psychedelic research and therapy, alongside its relationship to mental health, based on academic information and evidence-based practices.

We represent a collaboration platform for the wider psychedelic community, paving the way for therapeutic psychedelic experiences provided in a safe, legal, and accessible manner.



“To consider something rational and reasonable only if it appears to be so in relation to the broadest and deepest norms - those that are considered most essential for the individual and society.”

Arne Næss - Life's Philosophy

## Our Theory of Change



A framework for impact evaluation, measuring the number of professionals and public we educate, visibility in media outlets, and research output, among others.

### Professional Outreach

Scientists and experts present their research at the academic events we organize in Switzerland.

Counting the official support of multiple scientific and health institutions, participants of the ALPS Conference acquire 18 ECTS for psychologists from the FSP, and 10 ECTS for psy-chiatrists from the SSPP.

### Social Outreach

Our events are open to the public contributing to an ongoing social transformation on the use of psychedelic substances.

Our Scientific Advisory Board assesses and reviews the content of our conferences and forums.

We make knowledge shared by institutions and experts in the field accessible.

### Knowledge Outreach

We create a professional space for therapists and researchers using psychedelic substances in clinical and academic settings - within the legal framework of their country - to share their expertise and good practices.

We contribute to consolidate a national and global network for those practitioners equipped with evidence-based tools.

Patients who benefited from the therapeutic use can safely share their experiences.



### Professional Outputs

Participants of our events access a broad network of researchers and practitioners in the field.

We contribute to support a growing community around the research and responsible legal use of psychedelic substances.

We open and promote a pool of supporters.

We run our own academic research projects sharing our results and progress with the community.



### Social Outputs

We increase the diversity of participants through inclusion and promoting dialogue and knowledge transfer and exchange.

We contribute to the reduction of risk and stigma by providing society with tools to understand a responsible and safe use of psychedelic substances.

We offer a multidisciplinary conceptual framework that includes academics and clinicians, coming from different schools and approaches.



### Applied Knowledge Outputs

We enhance public attention on essential key aspects of the therapeutic use of psychedelic substances: regulation, safety, access, and ethics.

We contribute to the integration of individual experiences for both, practitioners and patients, which at large has a systemic impact on mental health.

We provide advice and consultancy to therapists and clinics wanting to integrate the use of psychedelic substances, as well as researchers in the field.



# ALPS PROGRAMS

Two annual academic events provide access to information about psychedelic substances, their applications, and foster critical thinking among practitioners, professionals, researchers, and the broader public community.

## Education

**ALPS Conference.** An international academic event that federate researchers from various disciplines such as neuroscience, anthropology, psychotherapy, philosophy and cognitive science. The conference is open to the public.

**ALPS Forum.** A national event that provides a platform for undergraduate, graduate, and doctoral students to showcase their research on related subjects. The forum also aims to raise awareness among young people and the next generation of psychedelic researchers and clinicians.



We collaborate with universities, student associations and other institutions on various research projects coordinated by our internal independent research team. Additionally, we lead research initiatives that draw inspiration from the work of former students.

## Research

Additionally, experts of our team support academic work, by accompanying thesis research and writing among the Swiss Psychedelic Student Network.

To see our ongoing research, please visit our website.



Built on the foundation of the effective altruism philosophy (EA), our project aims to promote the safe use of psychedelic substances, sharing awareness and education on risk reduction practices.

## Access Facilitation

We advise practitioners on the use of psychedelic substances for therapeutic purposes within the Swiss legal framework of exceptional medical use of MDMA, Psilocybin, and LSD.

We facilitate access to psychedelic treatments by offering knowledge on therapeutic options to people seeking treatment, alongside creating a fund to cover the cost of these therapies for people in need.

# STRUCTURE

## ALPS Council



**Federico Seragnoli**  
CEO



**Polina Ponomarenko**  
COO



**Cyril Petignat**  
CTO

Working benevolently, the council directs the foundation, assumes legal representation, and approves the yearly accounting status. It directs the vision and goals to fulfill our mission.

## ALPS Ethical Advisory Board



**Dr. Med. Peter Oehen**  
SÄPT



**Prof. Sandro Cattacin**  
University of Geneva

The Ethical Advisory Board ensures high ethical standards by overseeing the foundation's public impact and consulting on evidence-based public policy recommendations.

## ALPS Scientific Advisory Board



**Prof. Dr. Matthias Liechti**  
University of Basel



**Prof. Dr. Gregor Hasler**  
University of Fribourg



**Dr. Med. Gabriel Thorens**  
HUG Genève

The Scientific Advisory Board, composed of leading experts and professors in the field, ensures the academic quality of the information we distribute and optimizes our research projects.

## Swiss Psychedelic Student Network



Neuchâtel



Basel



Geneva



Lausanne



Zurich



Fribourg



Bern

ALPS oversees and coordinates with an ever-growing network of university student associations organizing academic seminars and public science communication events.

# ESSENTIAL SUPPORTING ACTIVITIES



## Management and Finance

As a small non-profit organization, growing solid and professional in our daily activity, we work through the synergy of three different teams working together.

- ALPS Council, Programs and Projects Managers
- Finances
- PR - Partnerships and Collaborations

## Communications and Web Management

We create and share evidence-based educational content by developing different communication resources and products which are available to the broad public for free.

- 2 Websites
- Podcast on Psychedelic Science
- Youtube Channel
- Blog
- Newsletter
- Social Medias

# IMMEDIATE GOALS

ALPS is looking for ways to **secure its operations by establishing a sustainable organizational infrastructure and income flow.**

Designing and implementing our events requires extensive efforts, both organizationally and financially, with fundraising efforts being a core part of the process. Oftentimes, costs must be diminished by transferring them in participants' ticketing. Ideally, we want to ensure affordability in order to grant a wider population access to our events.

In parallel, we are investing in more human talent for both operations and research, as we **aim to secure a long-term team and start publishing rigorous research in academic journals.**

So far, we have based our work on the generous contribution of private donors and the work of volunteers, who deeply believe in the cause of psychedelic science education. However, aiming for a sustainable and long-term approach, it is time to onboard people who can work for the project in the long run, therefore needing to secure their income and professional work conditions.

# VISION

**2024**

ALPS developed a solid and sustainable organizational infrastructure, **secures human talent and provide stable income for its projects**, while still offering volunteer opportunities for professionals entering or transitioning into mental health, psychology, neuroscience, psychotherapy, or psychiatry. The organization begins to actively support **national discussions on policy regulation** and the substances' integration in medical settings.

**2026**

ALPS expands **Program II - Research**, actively participates in collaborative projects with leading experts and institutions, **publishes research results and best-practices guidelines therapeutic protocols.**

The organization thus becomes a valuable source for reliable information and best-practices knowledge. As a result, ALPS can contribute to **discussions on policy changes related to the legal classification and medical uses of psychedelic substances on a national level.**

**2028**

ALPS amplifies operations by strengthening Program III - Access Facilitation, **aiding patients to safely access treatments, while reducing costs for low-income people.** Program I - Education continues to grow by including projects of **professional training and education** for psychedelic psychotherapists.

The organization develops a **consulting department** to disseminate knowledge and collaborate with clinics, hospitals, the pharmaceutical industry, regulatory bodies, and other stakeholders involved in the field of psychedelic-assisted mental health.



# HOW CAN YOU CONTRIBUTE?

There are numerous ways to contribute to the long-term sustainability, development, and vision of ALPS foundation.



- Become a **donor** and support our work by making a small individual contribution or attending our events. Purchasing tickets for yourself or gifting them to others is an excellent way to keep our work going.
- Become a **sponsor** of ALPS Conference, which is an excellent opportunity to showcase your activity or institution.
- Become a **funder** by providing us with stable income that ensure our operations and sustainability.
- Become a **partner** and collaborate with us to raise awareness and support our message. Share your knowledge and experience to enhance our processes and sustainability.
- **Follow us** on social media, watch our videos on YouTube, read our blog, and share our content: educate yourself!
- **Join our team** as a volunteer, either for the long term run or on a project-based support.

"From this distant vantage point, the Earth might not seem of any particular interest. But for us, it's different. Consider again that dot. That's here. That's home. That's us.

On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there on a mote of dust suspended in a sunbeam.

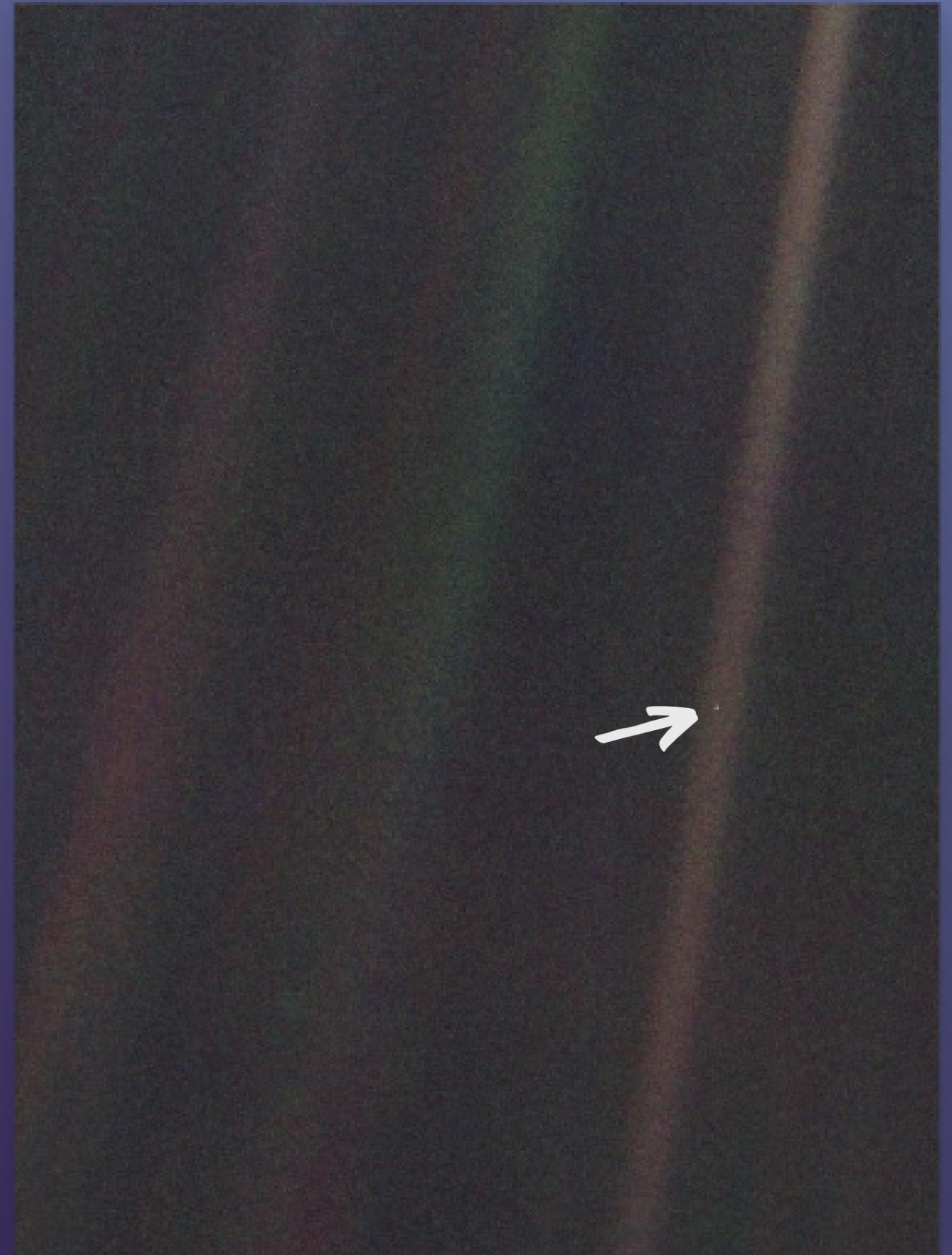
The Earth is a very small stage in a vast cosmic arena. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known."

Carl Sagan - [Pale Blue Dot](#)





What we do is possible thanks to our interdisciplinary and highly motivated and committed team, pictured above at the ALPS Forum 2023.

We aspire to retain our talent on the long term in continuing our educational and scientific activities. Your support could greatly facilitate our aspirations.



### Credits

ALPS Foundation Team  
Designed by David Elmiger & Maria Tudor  
Mountain Artworks by Elyse Dodge - [elysedodge.com](http://elysedodge.com)