

Tor-Morten Kvam

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Positions – current and previous

Year	Job title - Employer
2007-2009	Internship: Østfold Hospital Trust (Medical, Surgical and Psychiatric Departments) and Fredrikstad municipality (general practice)
2009-2013	Resident at Østfold Hospital, Psychiatric Department, Veum Psychiatric Hospital and Moss District Psychiatric Center
2014-2025	Consultant psychiatrist at a general psychiatry outpatient clinic at DPS Nord, Østfold Hospital Trust
2018-	Co-founder and member of the research group PsykForsk, Østfold Hospital Trust
2024-	Co-founder and member of the research team Psykedelikagruppen, University of Oslo
2019-2023	Therapist and investigator in the MP18 trial, investigating MDMA-assisted therapy for post-traumatic stress disorder
2021-2026	PhD student at the University of Oslo: “An Open-Label, Phase 2, Feasibility Study of Manualized MDMA-Assisted Therapy in Subjects with Major Depressive Disorder”
2026-	Post-doctoral researcher at Østfold Hospital Trust
2025-	Consultant psychiatrist at the Ketamine Unit, Østfold Hospital Trust

Education

Year	Academic degree	Institution
2007	Completed medical school with an integrated one-year voluntary research program	Norwegian University of Science and Technology
2014	Specialist in psychiatry	Østfold Hospital/The Norwegian Directorate of Health
2026	PhD	Institute of Clinical Medicine, University of Oslo

Grants

Year	Funder	Amount
2020	PhD grant from South-Eastern Norway Regional Health Authority to a study of MDMA-assisted therapy for Major Depressive Disorder (PhD grant; project number 2021007)	3.47 million NOK
2024	The PreKET trial: RCT of ketamine treatment duration for severe depression – a precision medicine study (KLINBEFORSK; Application id 38357)	24.9 million NOK
2024	An Open-Label, Phase 2, Proof of Principle Study of Manualized MDMA-Assisted Therapy for Young Adults with Major Depressive Disorder (project number RG24-0012)	4.9 million SEK
2024	Ketamine for Treatment-Resistant Depression – A Real-world Observational Study of Predictors of Treatment Response and Outcome (PhD grant)	4.09 million NOK
2025	The Role of Subjective Experience in Predicting Treatment Response to Intravenous Ketamine for Treatment-Resistant Depression (PhD grant)	4.2 million NOK
2025	An Open-Label, Phase 2, Feasibility Study of Manualized MDMA-Assisted Therapy for Young Adults with Major Depressive Disorder (PhD grant)	4.2 million NOK

University tasks

Year	Task - Institution
2023	Examiner on master's thesis, Department of Psychology, University of Oslo
2024	Examiner on master's thesis, Department of Psychology, University of Oslo
2026	Clinical lecturer for medical students at Faculty of Medicine, University of Oslo (MED4500R: KLINIKK: Basisgruppe)

Peer Reviewer Record

Year	Journal
2025	British Journal of Psychiatry

Other relevant assignments

Year	Description – Role - Institution
2019-2024	Board member of the Norwegian Psychedelic Science association
2021-2023-	Member of the Psychedelic Group at Department of Psychology, University of Oslo
2015	Member of the Norwegian network for rapid-acting antidepressants (NORAAD)
2015	Approved as a cognitive behaviour therapy (CBT) therapist, after completing education over two years, Norwegian Association for Cognitive Behavioural Therapy
2018	Investigator and therapist training for the Compass Pathways psilocybin for treatment resistant depression trial, Lisbon, Portugal.
2019	Therapist training for the MAPS MDMA-assisted psychotherapy for PTSD trial, Asheville, North Carolina, USA.
2021	Certificate of completion, MDMA-Assisted Therapy (100 Hours of Training plus Supervision)
2021	Involved in the start-up of IV ketamine for treatment-resistant depression in the first outpatient clinic in Norway
2022	Panelist at Arendsuka, a political festival with 150,000 visitors (in 2022)
2026-	Member of the Hospital Research Committee, Østfold Hospital Trust

Language skills:

Norwegian	CEFR-level C2 (proficiency)
English	CEFR-level B2 (upper-intermediate)
German	CEFR-level A2 (pre-intermediate)

Presentations at conferences

Year	Conference – organising committee
2020	Interdisciplinary Conference on Psychedelic Research 2020. The rationale for conducting a MDMA-assisted psychotherapy trial for depression. Online video poster presentation.
2020	Psykiatriveka - invited speaker at the national psychiatry conference hosted by the Norwegian psychiatry association.
2022	Nordic Psychedelic Science Conference, Oslo, Norway. Presentation, panel discussion and poster.
2024	Norwegian conference about ketamine for depression: Presentation about psilocybin and MDMA in the treatment of mental disorders. Hamar, Norway
2024	Psykiatriveka - invited speaker at the national psychiatry conference hosted by the Norwegian psychiatry association. MDMA-AT for PTSD and MDD
2024	MDMA-assisted therapy as a treatment for major depressive disorder: A proof of principle study. Presentation at Østfold Hospital Trust's Research Conference, Norway.
2024	MDMA-assisted therapy as a treatment for major depressive disorder: A proof of principle study. Poster presentation at the European College of Neuropsychopharmacology conference in Milan, Italy.

2025	Long-Term Follow-Up of MDMA-Assisted Therapy for Major Depressive Disorder. Poster presentation at the American Psychiatric Association Annual Meeting , Los Angeles, USA.
2025	MDMA-assisted therapy for major depressive disorder: a seven-month follow-up. Poster presentation at the European College of Neuropsychopharmacology conference in Amsterdam, the Netherlands.

Awards

Year	Award
2024	MDMA-assisted therapy as a treatment for major depressive disorder: A proof of principle study. Presentation at Østfold Hospital Trust's Research Conference, Norway. Awarded 1 st place for the best abstract presentation .
2026	MDMA-assisted therapy as a treatment for major depressive disorder: A proof of principle study. Award for best publication in 2025, at Østfold Hospital Trust's Research Conference, Norway.

Media coverage 2020-:

2020

- Featured on the front page of Morgenbladet, one of top ten newspapers in Norway: <https://morgenbladet.no/aktuelt/2020/01/fikk-avslag-fra-legemiddelverket>

2021

- Forskning.no (73000 daily readers): [Fleinsopp-stoff hjalp mot depresjon, ifølge liten studie \(forskning.no\)](#)
- 6 pages in Aftenposten A-magasinet, the largest newspaper magazine in Norway (700 000 readers every week): [For første gang brukes MDMA i behandling av pasienter i Norge \(aftenposten.no\)](#)
- Interview in Dagbladet, the third largest newspaper in Norway (115 000 daily readers): <https://www.dagbladet.no/nyheter/kirsthi-62-fikk-mdma-mot-depresjon/73748690>
- Featured on the front page of the local newspaper: [Nyheter, Moss | Moss er først i Norden – her skal pasienter behandles med MDMA: – Et tillegg i verktøykassa \(moss-avis.no\)](#)
- National TV news and online story: [Skal bruke MDMA i behandling av pasienter: - Kan være en døråpner \(tv2.no\)](#)
- Interview in VG, the largest newspaper in Norway: <https://www.vg.no/forbruker/helse/i/8QEv7x/fra-partydop-til-mirakelkur-mot-depresjon>
- Interview NRK (Norwegian Broadcasting), online and TV: https://www.nrk.no/osloogviken/xl/_hakon_-lever-av-a-vaere-tripsitter-_vil-helbrede-psykisk-syke-med-ulovlig-mdma_-lsd-og-fleinsopp-1.15679779
- [Distriktsnyheter Oslo og Viken – I går kl. 19:45 – NRK TV](#)
- Interview nhi.no (Scandinavia's largest health website): <https://nhi.no/forskning-og-intervju/psilocybin-fleinsopp-i-behandling-mot-depresjon/>

2022

- Interview in VG, the largest newspaper in Norway: <https://www.vg.no/nyheter/innenriks/i/bGvbBk/partydop-mot-depresjon-norsk-mdma-studie-foerst-i-verden>
- Interview at Blossom Analysis: <https://blossomanalysis.com/meet-the-psychiatrist-investigating-mdma-assisted-therapy-for-depression/>
- Email comment requested by Forskning.no (73 000 daily readers) <https://forskning.no/rus-og-avhengighet/stoff-i-fleinsopp-og-psykoterapi-hjalp-mot-alkoholproblemer/2074739>

2023

- Interview in VG (1 950 000 daily readers) <https://www.vg.no/forbruker/helse/i/P4jqmp/mdma-ketamin-og-psilocybin-den-psykedeliske-revolusjonen>
- Interview in VG <https://www.vg.no/rampelys/bok/i/MomyKK/hanne-oerstavik-aapen-om-mdma-og-fleinsopp-bruk-frigjoerende>
- Email comment requested by Forskning.no (75 000 daily readers) <https://forskning.no/medisin-og-helse-psykiske-lidelser/psykedeliske-stoffer-kan-apne-hjernen-for-laering/2218024>
- Interview in TV2 (1 100 000 daily readers) <https://www.tv2.no/nyheter/utenriks/kan-bane-vei-for-ny-behandling/16047586/>
- Interview in Vårt land (60 000 daily readers) <https://www.vl.no/religion/2023/10/25/tok-psykedelisk-stoff-pa-kristent-retreat-slik-var-opplevelsen/>
- Interview in Forskning.no <https://www.forskning.no/narkotika-psykisk-helse/forskere-har-kartlagt-norske-psykedeliske-opplevelser/2282603>
- Article in Sykepleien <https://sykepleien.no/fag/2023/10/ketamin-har-god-effekt-mot-depresjon><https://sykepleien.no/fag/2023/10/ketamin-har-god-effekt-mot-depresjon>
- Article in Fredrikstad Blad (60 000 daily readers) <https://www.f-b.no/sykehuset-ostfold-tester-ut-mdma-mot-depresjon/s/5-59-3142726>

2024

- Featured in the documentary series "Norway behind the facade," an interview was conducted discussing MDMA-assisted therapy, attracting an audience of 350,000 viewers: <https://play.tv2.no/programmer/fakta/norge-bak-fasaden/sesong-4/norge-bak-fasaden-4-episode-3-1927963.html?play=true>
- Interview in TV2.no (1 100 000 daily readers): <https://www.tv2.no/spesialer/nyheter/kan-fleinsopp-kurere-psykiske-lidelser>
- Participated in a follow-up segment on the TV2 news after the airing of the "Norway behind the facade" documentary.
- Interview in Nettavisen.no (500 000 daily readers): <https://www.nettavisen.no/nyheter/ny-studie-om-depresjon-bor-utforskes/s/5-95-1806449>
- Interview in Dagens Medisin about MAT-MDD (360 000 monthly readers): <https://www.dagensmedisin.no/angst-depresjon-ketamin/mdma-ved-depresjon-vi-opplever-stor-interesse-for-studien/632975>
- Interview in Fredrikstad Blad (54 000 daily readers): <https://www.f-b.no/partydop-mot-depresjon-norsk-mdma-studie-forst-i-verden/s/5-59-3304680>
- Interview (podcast and online) in the Norwegian Psychiatric Association: <https://www.legeforeningen.no/foreningsledd/fagmed/norskpsykiatri/aktuelle-saker/2024/psykiater-og-psykedelisk-vitenskapsmann/>
- My research team and I was showcased on the Norwegian Broadcasting TV News "Dagsrevyen," which reaches an average of 500,000 viewers daily: https://tv.nrk.no/serie/dagsrevyen/sesong/202406/episode/NNFA19062124?fbclid=IwZXh0bgNhZW0CMTAAAR1-tUjKzlrkSoZ8K-hNtFpfyVcSKhwfKtyaLmYL3O2A-QzZgQxB-wDCWGY_aem_scixfteu78al9_cddo8OJQ
- Study participant Solveig, Ivar Goksøyr and I were interviewed as a follow-up to the feature on the news program "Dagsrevyen" on nrk.no (1 500 000 daily viewers):

<https://www.nrk.no/norge/forskere-undersoker-om-mdma-har-en-effekt-mot-depresjon-1.16893782>

- Interview on the Norwegian Broadcasting TV News "Dagsrevyen," which reaches an average of 500,000 viewers daily:
<https://tv.nrk.no/serie/dagsrevyen/sesong/202410/episode/NNFA19101224>
- Interviewed live on the radio program *Ekko* (NRK P2): [Listen here](#).
- Interviewed in the online magazine *Rus og samfunn*: <https://www.rus.no/aktuelt/article-5332>

2025:

- Comment in the newspaper [Aftenposten](#) (750 000 daily readers)
- Interview on the Norwegian Broadcasting Radio program “[Pønsj](#)”
- Interview in the newspaper [Gudbrandsdølen Dagningen](#) (45 000 daily readers)
- Interview in the podcast [Pimp Science](#)
- Interview in the newspaper [Subjekt](#) (4500 subscribers)
- Featured in an interview on NRK’s flagship TV news program [Dagsrevyen](#), reaching an average daily audience of approximately 500,000 viewers
- Participated in a follow-up interview published on [NRK.no](#)
- Featured in Swedish Television’s (SVT) follow-up coverage ([video and online article](#))
- Featured in SVT’s documentary “[Så knarkar Sverige – MDMA i public service](#)”, where our work on MDMA-assisted therapy for depression was profiled to a Swedish audience.

2026:

- Comment in the newspaper [VG](#) (2,000,000 daily readers)
- Interview at [PsyPost.org](#), a psychology news website that covers recent research in the behavioral sciences.
- Invited reflections and [professional coverage](#) in *Tidsskrift for Norsk psykologforening* (The Journal of the Norwegian Psychological Association) following my presentation at the 2nd National Ketamine Conference, where I presented findings on MDMA-assisted therapy and contributed to the professional discussion on ketamine as an emerging treatment for depression (including the feature “[Ketamine Conference – Five Questions](#)”)
- Featured in national media ([TV 2](#)) for expertise on psychedelic-assisted treatment research
- Featured expert interview in [Farmatid](#) (Norwegian Journal of Pharmacy) regarding ketamine treatment for severe depression and emerging psychiatric treatments.
- Featured participant in TAKK!, a public photography exhibition by Ronny Østnes showcasing healthcare professionals at Østfold Hospital. Selected among 27 portraits exhibited publicly in Fredrikstad, Norway.
- Interviewed by [Fredrikstad Blad](#) in connection with the exhibition and the broader TAKK! project.
- Media coverage of my PhD research in [Dagens Medisin](#) (360000 unique monthly readers)
- 27 Jul: Featured in an interview on [NRK Østfold](#) (Norwegian Broadcasting Corporation regional radio) discussing research on MDMA-assisted therapy for major depressive disorder
- Featured in an [NRK Østfold](#) online news article on the regulatory approval of the EMPATHY trial, a randomized clinical trial of MDMA-assisted therapy for treatment-resistant depression.
- [Sykepleien](#): Featured in an article on my PhD research investigating MDMA-assisted therapy for major depressive disorder and a survey on psychedelics.
- Interviewed by [Forskning.no](#) (70000 daily readers) as an expert on unusual hallucinatory experiences associated with *Lanmaoa asiatica* and possible parallels with psychedelic compounds.