

Nidotherapy is a new concept in mental health. For years we have laboured under the happy notion that with humanity, determination and a little science, we could correct all the disabilities and handicaps associated with psychiatric disorder. But we have over-reached ourselves. A large number of mental disorders are labelled 'chronic', as health professionals have very little impact on their symptoms and course. Nidotherapy is for such people, who often feel they have failed because they have not shared in the heady notion that all can recover. Although we take notice of the environment in mental health, we seldom go about systematically analysing it and changing it to fit the person, so that their sense of well-being and belonging are improved. These processes are the focus of nidotherapy and should give optimism to both practitioners and patients who have been close to abandoning hope.

The book discusses among other things:

- who nidotherapy is for
- how to apply nidotherapy
- how to perform environmental analysis
- who can practise nidotherapy.

With case studies and exercises (with answers), this book is an excellent guide to the emerging discipline of nidotherapy.

**Peter Tyrer** is Editor of the *British Journal of Psychiatry*, Professor of Community Psychiatry, Imperial College London, and a pioneer of nidotherapy. He has developed the treatment over many years of psychiatric practice and is the leading authority in the field.



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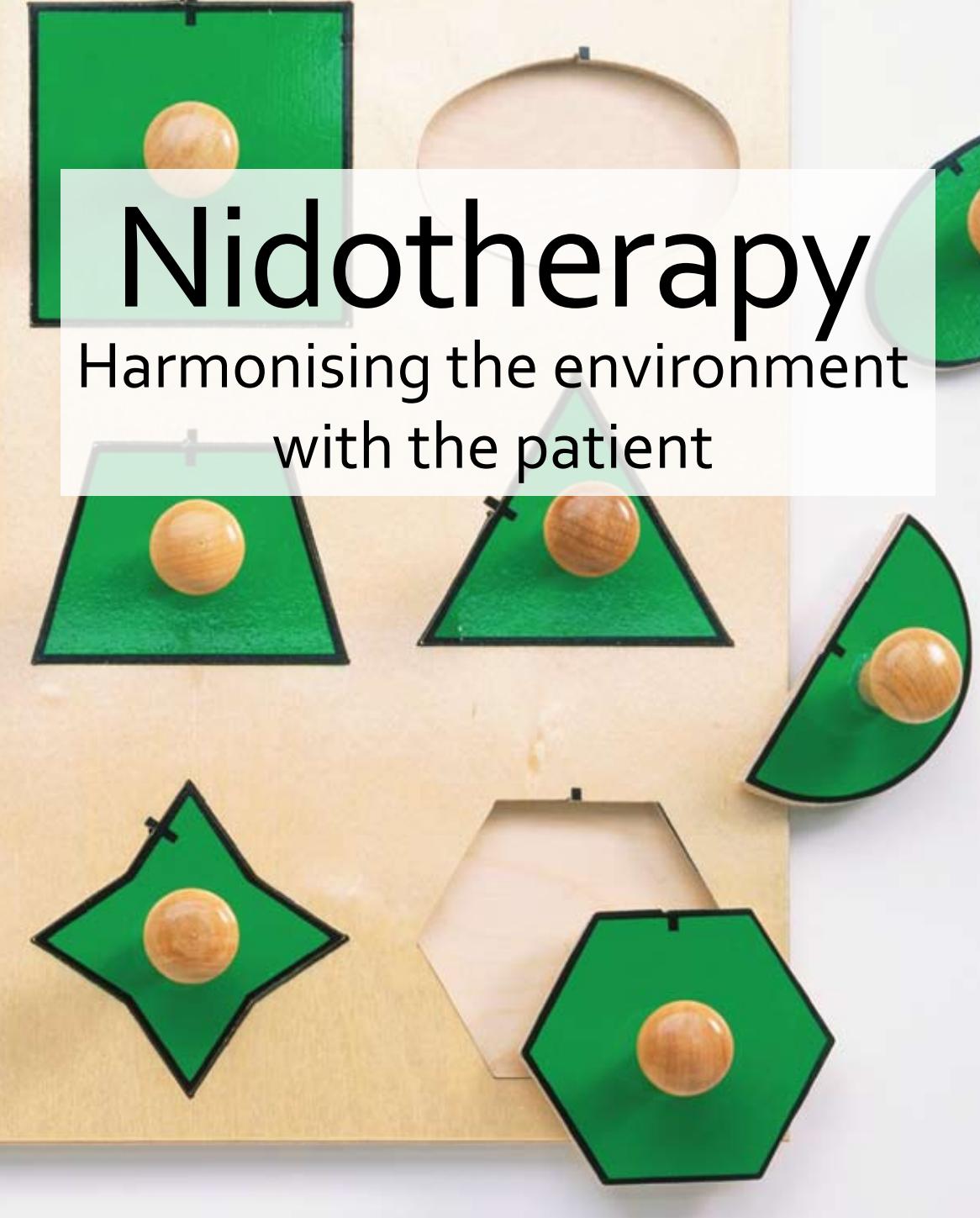
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Nidotherapy

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## Harmonising the environment with the patient



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