



## Nidotherapy: Harmonising the Environment with the Patient

By Peter J. Tyrer

RCPsych Publications. Paperback. Book Condition: new. BRAND NEW, Nidotherapy: Harmonising the Environment with the Patient, Peter J. Tyrer, 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 well-being and sense of 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; and, who can practise nidotherapy. With case studies and exercises (with answers), this book is an excellent guide to...



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