



Nidotherapy for personality disorder

Nidotherapy (first two syllables rhyme with 'Fido') is devoted to changing the environment in all its forms so a better fit is established between a person and every aspect of their surroundings. In this context environment refers not only to the physical environment – where you live and work – but also the social and personal environment, so covering every aspect of your interaction with your surroundings. Although we have been aware of the important environment and its effect on mental health for many years we have not examined it systematically in the scientific sense and worked out which are its important elements and which might be cast aside. In the last twenty years we have made a start to this process and have carried out a number of studies that indicate nidotherapy may be of benefit amongst those with personality disorders (Tyrer, 2002; Tyrer et al, 2003a, Tyrer & Bajaj, 2005; Ranger et al, 2009, Spencer et al, 2010; Tyrer et al, 2011), but most particularly, for those people who are reluctant to have their basic personality changed. This makes it different from all other treatments.

Nidotherapy involves a four stage process. The first stage is clinical assessment. A large number of people mental disorders that are labelled 'chronic' are implied to be treatable when they are not, and repeatedly health professionals of all kinds persuade themselves wrongly that they are having real impact on their symptoms and course. Nidotherapy may be for such people, who include many with mood and eating disorders, autistic spectrum disorder, intellectual disability, but, most commonly in clinical practice, personality disorders, often comorbid with other conditions. But nidotherapy is not given prematurely. Evidence-based treatments need to be given first and to have a chance to demonstrated their benefit; it is after these have failed that nidotherapy needs to be considered. The next three stages are environmental analysis, the preparation of a nidopathway (a route to a desired common goal of environmental change), and the monitoring and adjustment of the nidopathway.

The course will illustrate all these stages and should represent a practical introduction to the subject.

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Also see the web-site - nidotherapy.com - for further details.