

**Helen Tyrer, PhD, United Kingdom
Imperial College**



Biography

Helen Tyrer is a physician in general and genitourinary medicine who has been interested in the psychological problems associated with medical illness for many years, and has most recently recently been involved in developing new ways of treating health anxiety and medically unexplained symptoms. She has been working with nidotherapy since 2003 and has developed a special interest in its application for people with personality disorders. She has a PhD at Imperial College and is a senior clinical research fellow there.