



**COMMON LANGUAGE for PSYCHOTHERAPY (clp) PROCEDURES**  
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**NIDOTHERAPY**

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Definition: Collaborative assessment and change of the environment (not the patient) to reduce the impact of mental disorder on the patient and society. More a form of environmental therapy (nidus = Latin for nest) than of psychotherapy.

Elements: Targets relevant relatives, neighbours, health and social authorities, police and others as needed to promote tolerance of the patients' eccentricities and a life style to fit the patients' needs. Includes *problem-solving* and *target/goal setting* by the therapist/team more than by the patient.

Related procedures: *Case management, community therapy.*

Application: Cases of persistent mental or personality disorder who resist change.

1st Use? Tyrer P (2002) Nidotherapy: A new approach to the treatment of personality disorder. *Acta Psychiatr Scand*, 105, 469-471

References: Tyrer P, Sensky T, Mitchard S (2003) Principles of nidotherapy in the treatment of persistent mental and personality disorders *Psychotherapy & Psychosomatics*, 72, 350-357.

Case Illustration

John persistently complained about his neighbours and the local authority housing department, believing in a conspiracy to place him in sub-standard housing to make him ill. He frequently lost his temper when his complaints were not taken seriously, and was often moved elsewhere, where the problems would resurface. He felt harassed, not ill. After 15 home visits over many months, he agreed to the community team acting for him in dealings with neighbours or housing authorities. Thereafter he concentrated on making his apartment into a permanent home for the first time, and the team gave him suitable plants for his garden to screen him from prying eyes.