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Review of the Volume "Vocea de la căpătâi. Ghid practic de consiliere la patul bolnavului" [The Bedside Voice. Practical Guide for Counseling at the Patient's Bed], Author: Ligia Moise, Lumen Publishing House, 2019

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Abstract: The book "Vocea de la căpătâi. Ghid practic de consiliere la patul bolnavului" [The bedside voice. Practical guide for counseling at the patient's bed], authored by Ligia Moise, published by Lumen Publishing House from Iasi, Romania, in 2019, is a practical counseling guide at the patient's bedside, written by a psychologist with clinical experience and humanistic training, which allows for a holistic approach to cases - not only the body, but also the soul must heal. Therefore, although she admits the indisputable value of knowledge, diagnosis, prognostic information, the author emphasizes a certain attitude towards the patient, an authentic, individualized way of communication, meant to activate the patient's coping resources.

Keywords: *psychological counseling, clinical psychology, patient, communication, therapeutic relationship.*

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The bedside voice, Ligia Moise's voice, speaks of a profession that is, above theory and knowledge, a vocation: to alleviate mental suffering, to be there, next to the patient, understanding their fears, helping them to rediscover the anchors with which they are connected to life, activating their coping resources, giving them back the access to meaning.

The fact that we are made up of psyche and soma, the extraordinary influence of the mental state on the evolution of any disease is an issues that has been known for a long time. Despite this knowledge, communication with the patient, the attitude towards the man from the hospital bed, reporting in connection to them as to a suffering human being, are sent to the "basement" of medical training. Ligia Moise (2019) manages to restore their legitimate importance through the book she wrote.

From the book's argument, the author makes it known that she wanted the approach to be a pragmatic one: to offer some working tools and an inside point of view, of someone who accompanied the suffering of people for a long time, at first as an assistant in a neurosurgery hospital, then as a psychologist and psychotherapist.

We all need other people to reflect on or condition, to support and understand us, but the suffering human. more than ever, has - in these moments of maximum vulnerability - the need for empathy and restraint, someone to care for him, to understand and support him.

Many times, when you get to the hospital you lose your individuality and, somehow, your dignity, becoming the depression in bed 5 or the aneurysm in room X. Each patient is unique, so you have to look, observe, listen to understand and validate their unique experience. As doctors are often too busy to do this, it is up to the clinical psychologist to do this beautiful and difficult task. In the second chapter of the book, Ligia Moise (2019) tells us about the way we make anamnesis and define the problem from a psychological point of view, observing, interviewing carefully, noting the sensitive points and the rhythm of each patient.

The author then appeals to the fundamentals of existential counseling, whose exponent, Victor Frankl, drew attention to the exceptional importance that everyone's motivation plays: coping mechanisms will be activated when the patient finds a meaning for which it is worth moving on. It is up to us to look for these meaningful reasons with them. Moreover, it is up to us to instil an attitude of acceptance: yes, life is not and may not be as it was, but these are the data, this is the reality, it is beneficial to see what we can achieve that could be valuable, in accordance with what what we have and not what we could have. Real anchoring,

acceptance and support are competencies that we need to "teach" to our patients.

For all the reasons stated above, a fairly large space in the book economy (Moses, 2019), is given to building the therapeutic relationship, the way to gain trust, the way we must learn to communicate with patients.

The appropriate language for each will take into account the way the patient perceives this role and behaves accordingly - lamentable, critical, cooperative, powerless - the state of the self in which he positions himself, the dysfunctional patterns, myths, prejudices that are each part of them.

To understand the person behind the case, in all their complexity, to try to discover the resilience factors, that have a major contribution to recovery, even if they do not eliminate the deficit caused by the disease, means to shape the attitude towards what cannot be changed, by accepting and and moving forward through the current situation - this should be part of the skills of any health professional, but especially that of the clinical psychologist.

To this professional, especially to the one at the beginning of the road, the book of Ligia is addressed, as she is a psychologist who does her job with love and seriousness, with that rare combination of knowledge, professionalism and deeply human understanding.

I hope that this book will be read with interest and pleasure and will open a series of other works signed by Ligia Moise.

References

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