**Review of the Book
"Vocea de la căpătâi.
Ghid practic de
consiliere
psihologică la patul
bolnavului" [The
Bedside Voice.
Practical Guide for
Psychological
Counseling at the
Patient's Bed],
Author: Ligia Moise,
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Abstract: The volume "Vocea de la căpătâi. Ghid practic de consiliere psihologică la patul bolnavului" [The bedside voice. Practical guide for psychological counseling at the patient's bed], authored by Ligia Moise, and published in 2019 by Lumen Publishing House from Iasi, Romania took me back to the years when I graduated the training course in psychotherapy, when I was looking, as a debutant professional, for examples from the professional practice of experienced psychologists or psychotherapists, a field that was not very richly represented in the literature, so the invitation of Ligia Moise to a journey into the world of the clinical psychology can be seen as an important contribution to the enrichment of knowledge in the field of the relationship with the patient, gathered from a complex professional experience.

Keywords: *Psychological counseling; practical guide; patient psychology; Ligia Moise.*

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Ligia Moise is trained in cognitive-behavioral psychotherapy and systemic therapy for couples and families, attended courses in psycho-oncology, also gained professional experience in a neurosurgery department as a psychologist, psychotherapist in an individual psychotherapy office, in addition to dozens of years of experience as a nurse "at the bedside of the patient". The involvement in supportive community actions continued through various volunteering activities, but also through the establishment of a program to support domestic violence victims. With such an experience in working with the suffering, the author took a step closer to the human soul, moving from the profession of being a nurse to that of being a psychologist and psychotherapist, which made her intertwine the two experiences and see in the patient that lies in the hospital bed more than a diagnosis, a man with a soul to which, if you know how to connect, you manage to lift him at least a little above suffering. The profession of nurse helped her know the sufferings of the body, so that later, through the study of psychology, she could complete the way she can help people to find their meaning in life, their mission of being, which created the feeling of rebirth within the patient to see him as a whole, with body and soul, with which she understood that she could put to work together. The engine of the relationship between the clinical psychologist and the patient is listening, that can support the psychologist in finding and stimulating, together with the patient, their motivation to live, to take from life that something that makes them vibrate.

The book (Moise, 2019) is addressed to those who work in the hospital, as it is an inventory of professional autobiographical experiences that can be accessed not only by fellow clinical psychologists, but also by any professional working besides the patient's bed. The author avoids using a specialized language and makes the text accessible, in intelligible terms, that appealed to the reader by giving them access to the medical professional, who in turn finds in the book a more relationship-oriented approach towards the patient's state of comfort, which cannot be reached by addressing only their somatic problems.

Ligia Moise challenges us through this volume (Moise, 2019) to a reconciliation in harmony of the elements that make up the mind-body-soul triad subject to the destabilizing effect of the disease, under the influence of the MD of souls, the clinical psychologist who has the privilege of reaping the fruits of a journey made between people, hand in hand with their suffering, in a professional development that aims closer and closer to what can be defining in saving the patient: their soul.

The experience as a clinical psychologist influenced by that of the nurse is generously shared with younger colleagues by providing a kind of intervention guide at the patient's bedside, starting from the tools the author herself could use for good case management, emphasizing the need to address a holistic analysis of the patient, both from the perspective of mind-body unity and from that of other aspects that are evaluated. Psychological evaluation of the patient through various psychological tests and medical diagnosis techniques are not considered sufficient, as other authors already pointed out (Cogjan & Karner Huțuleac, 2020), alongside these, says Ligia Moise, a good understanding of the patient is ensured by an orientation towards the patient's life history with all its social context, which can provide a more complex perspective of the new reality created by the disease.

The author emphasizes the idea of team involvement of the clinical psychologist, who can become a facilitator of the interventions of the nurse or the doctor, by conducting prior psychological counseling to reduce patient anxiety given by often complex and invasive procedures in neurosurgery and especially oncology, with important effects in increasing patient compliance with treatment. "An abnormal reaction in an abnormal situation is normal behavior" is a statement that belongs to Viktor E. Frankl and that becomes for the author Ligia Moise a condition that truly allows her to understand patients, referring to the ability to empathize with the patient, to view their situation from the perspective of their life experience, which allows for giving real, authentic help, necessary for the patient and beneficial for the entire medical team.

Without claiming an exhaustive approach to psychological procedures or interventions, the professional experiences shared by Ligia Moise try to provide examples of situations that the clinical psychologist may face during their work in the hospital, including: counseling the cancer patient, addictions, psychoses, disease diagnoses in terminal stages or that pose the challenge of doing psychological interventions in the hospital hallways or in a ward with other patients. Written from a personal perspective, intertwined with theoretical aspects, the book can be seen as a collection of valuable professional experiences that focuses on the patient and the basic principle in medicine "primum, non nocere", which could be supplemented with "if you can do a good deed, you go on and do it, don't be hindered by conditions". This is a book that should be read not only by novice clinical psychologists but also by other professionals in the field, nurses or doctors, being oriented towards establishing that patient-professional relationship that can contribute not only to the efficiency of the medical act, but also to the emphasis on somato-psychic unity, that

transforms the patient from a simple case into a person with a soul and a life story that matters.

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