

Book Review:

The Soul of the Nurse

by Elizabeth Ann Robinson, PhD, RN

By Mark Whitehurst, PhD / CASA

TENDING THE FLAMES OF LIFE, nurses have a rich history and their own set of codes which are revealed by Dr. Elizabeth Robinson in her new book

The Soul of the Nurse.

The Soul of the Nurse is a no nonsense book that fluidly shares the nurses' story by way of analogies reflecting the psychological roots of a global profession. Robinson has created an elaborate tool for self



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examination, through the use of myth, history, and personal experience.

"A nurse with experience not only has excellent clinical skills and intuition based on experience but also knows the importance of helping a patient maintain faith in what is possible," comments Robinson in the first chapter of her book.

From the idealized Nurse Florence Nightingale to the demonized Nurse Ratched in the film *One Flew Over the Cuckoo's Nest*, Robinson examines perceptions and her personal experiences as markers for comparison and the psychological development of Nurses.

Every person has had some sort of contact with a nurse and this book opens up perceptions of who they might be professionally, personally, and the possibilities of who they might become.

"She is common folk close to the earth and to flesh," states Robinson of the nurse.

By asking important questions about a nurse's soul, Robinson invites nurses to re-member their own soul. "Each Nurse can begin the process by connecting to her body and exploring her personal mythology, as I have done in this book," Robinson explains.

Robinson also invites readers to use an archetypal lens to review historical descriptions. Then she identifies the images of the Nurse via a review of mythology, archeology, and folklore. Robinson also opens the reader to the Nurse in popular culture as found in film, television, literature, and art.

Robinson's thoughts on finding the *Soul of the Nurse* also focuses on the splits and distortions confronting nurses and those interested in the field.

In her final chapter, Robinson successfully develops the idea of reconnecting with the Nurse archetype by "Remembering the Soul."

This thoughtful and energizing book is a must read for anyone interested in examining the health profession or looking for insights into the profession of Nursing.

Recently released, *The Soul of the Nurse* was published by Spann Robinson publishing house in Santa Barbara. Dr. Robinson will be signing her book and will be available for questions at a 1st Thursday reception at CASA Gallery, located at 23 E. Canon Perdido, on May 2nd, from 5 to 8pm.

