

Interview

## An Interview with Dr. Ines Testoni

*OBM Geriatrics* Editorial Office

LIDSEN Publishing Inc., 2000 Auburn Drive, One Chagrin Highlands, Suite 200, Beachwood, OH, USA;  
E-Mail: [geriatrics@lidsen.com](mailto:geriatrics@lidsen.com)

*OBM Geriatrics*  
2023, volume 7, issue 2  
doi:10.21926/obm.geriatr.2302241

**Received:** June 25, 2023  
**Accepted:** June 26, 2023  
**Published:** June 27, 2023



**Dr. Ines Testoni**



© 2023 by the author. This open-access article is distributed under the conditions of the [Creative Commons by Attribution License](https://creativecommons.org/licenses/by/4.0/), which permits unrestricted use, distribution, and reproduction in any medium or format, provided the original work is correctly cited.

### **1. Could You Please Tell Us Your Scientific Background?**

Ines Testoni, professor of social psychology, director of the Master in “Death Studies & The End of Life” and specialization in “Creative Arts Therapies for the Improvement of Resilience.”

### **2. Can You Share Your Career Development Story Briefly? For Example, What Cases Have Influenced You the Most?**

I am a psychologist, psychotherapist with training in classical Morenian psychodrama and systemic-relational therapy, and a philosopher. I work on the themes of death and dying, palliative care and support for the dying and the grieving, with art therapies.

### **3. Is There a Book You've Read that You'd Recommend Universally (i.e., to Everyone You Meet)?**

One of the topics that interest me most is primary and secondary death education, i.e., in the first case addressed to those who do not have to face death directly, in the second case to those who do. In particular, I am interested on the one hand in enabling people to become aware of how much the terror of death influences our daily actions without us realizing it. On the other hand, I am interested in helping those who suffer because they have to die or have a relative who has to die, so they reflect on what it means to die and understand that they do not know why they are suffering. It is important to offer these people the possibility of accessing the great contents that the history of humanity offers to each of us in order to face this passage well.

### **4. What Is Your Main Research Area? What Got You Interested in Scientific Research in the First Place?**

A book that I recommend everyone to read and understand - accessible to anyone - is Emanuele Severino's 'Law and Chance' (Bloomsbury), because it allows us to understand the fundamentals of what we believe is reality.

### **5. Where Are Your Sources of Information? Where Do You Get Your Latest News about Geriatrics Research? Where Do You Take Inspiration From?**

The psychological and political effects of the terror of death we must learn to gain control over.

### **6. What Is Your Long-Term Research Goal?**

Applying these studies to the end of life in the geriatric age.

### **7. What Are the Recent Research Trends that You, as a Scholar, Would Suggest *OBM Geriatrics* Observe and Follow in the Coming Years?**

The application of palliative care in geriatrics.

**8. Do You Have Any Suggestions or Recommendations for Young Scientists, for instance, Your Students and Young Collaborators?**

I advise young people and my students to study the field of death studies and palliative care well, because it is still a little explored and little practiced territory that will gain more and more interest in the future.

**9. What Do You Think of the Future of *OBM Geriatrics*, an Open-Access Journal?**

I think *OBM Geriatrics* needs to become more and more known in academic and clinical settings.