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with Dr. Shara Sand

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Dr. Shara Sand is a member of Local 802 and an experienced therapist who has worked with musicians and other creative artists for many years. She has worked with members of the New York Philharmonic and Metropolitan Opera Young Artists Program as well as with faculty members from Juilliard, Manhattan School of Music and Mannes College of Music.

You can start to make changes now to feel more confident and in control of your life. I offer a wide-range of help, and here is a sample:

- Managing the needs for artistic satisfaction, financial stability and a viable personal life while sustaining a career as an artist
- Group work with chamber music ensembles to address relational conflicts that may be interfering with artistic performance.
- Issues relating to sexual orientation, sexual identity, gender identity, coming out, and establishing a positive identity.
- Life stage issues: dating, partnering, becoming a parent (or not!), and taking care of your own parents
- Living with a chronic illness (including HIV/AIDS), and the impact it has on one's friends and family.
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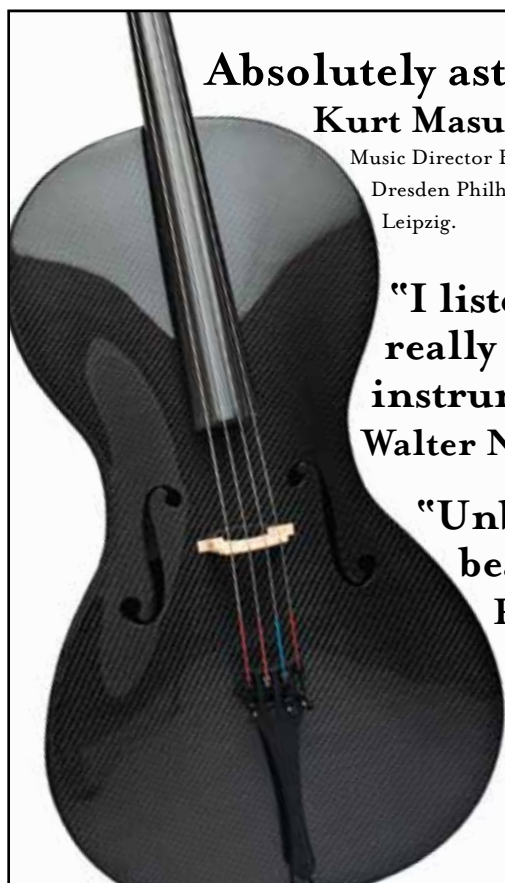
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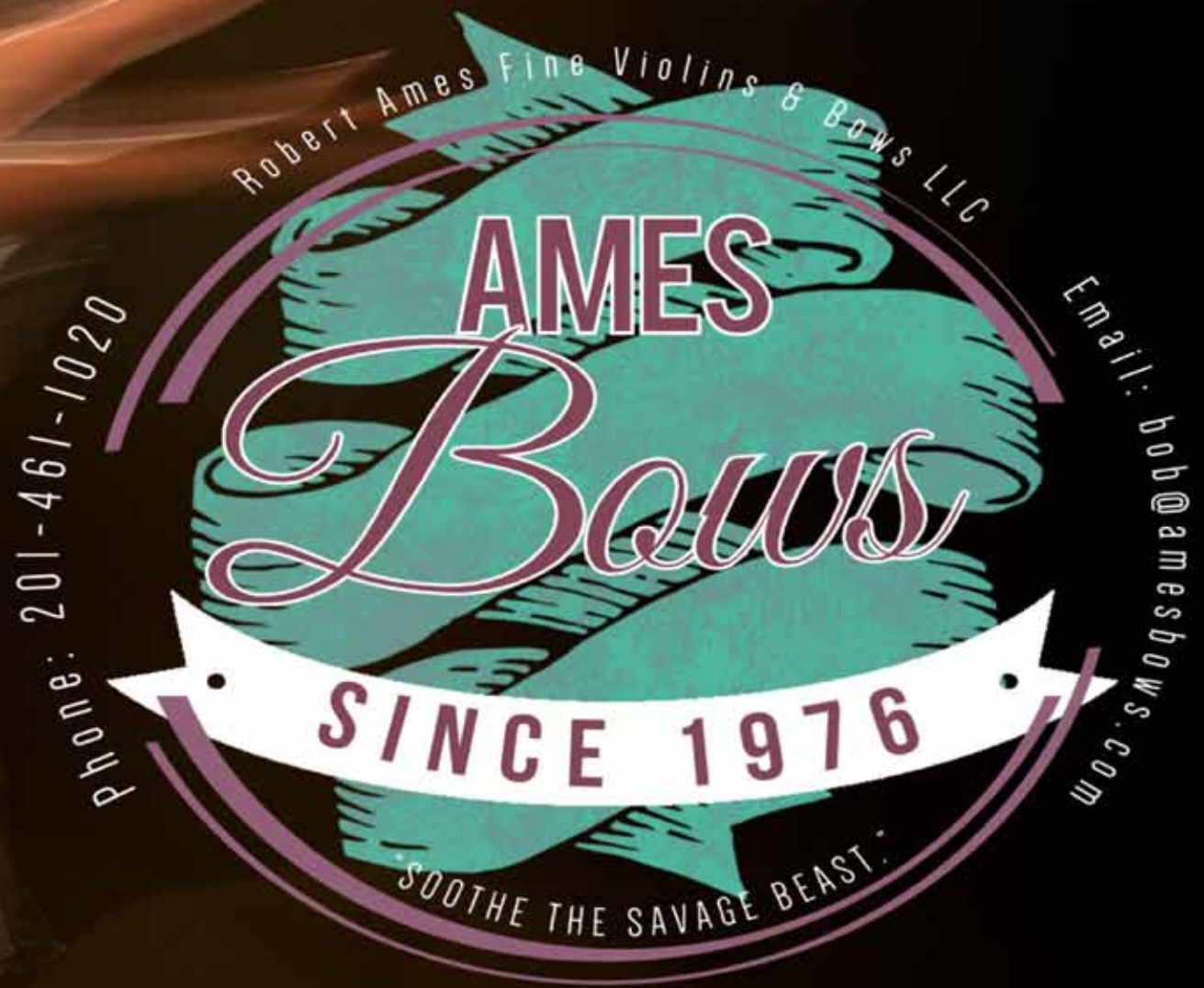
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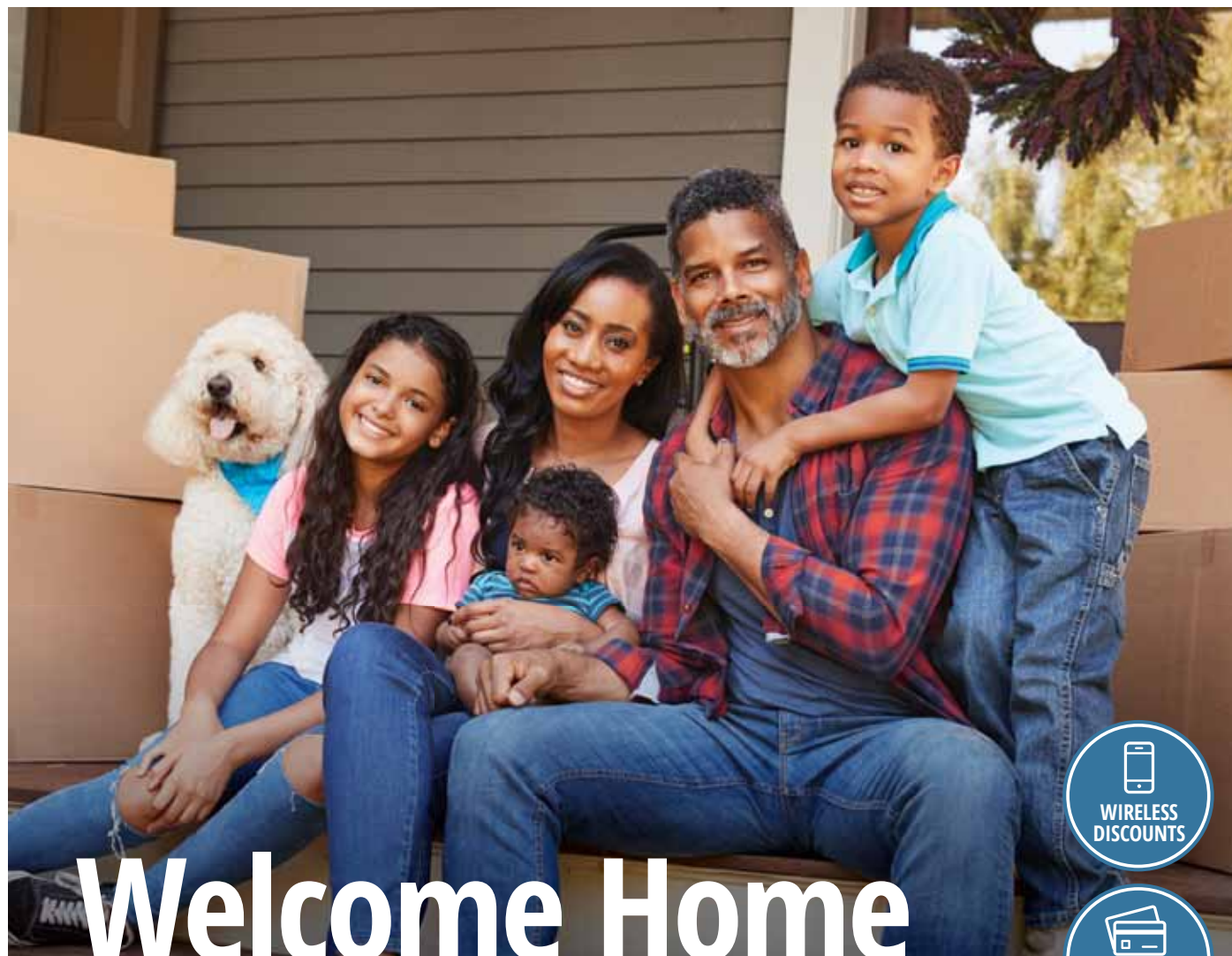


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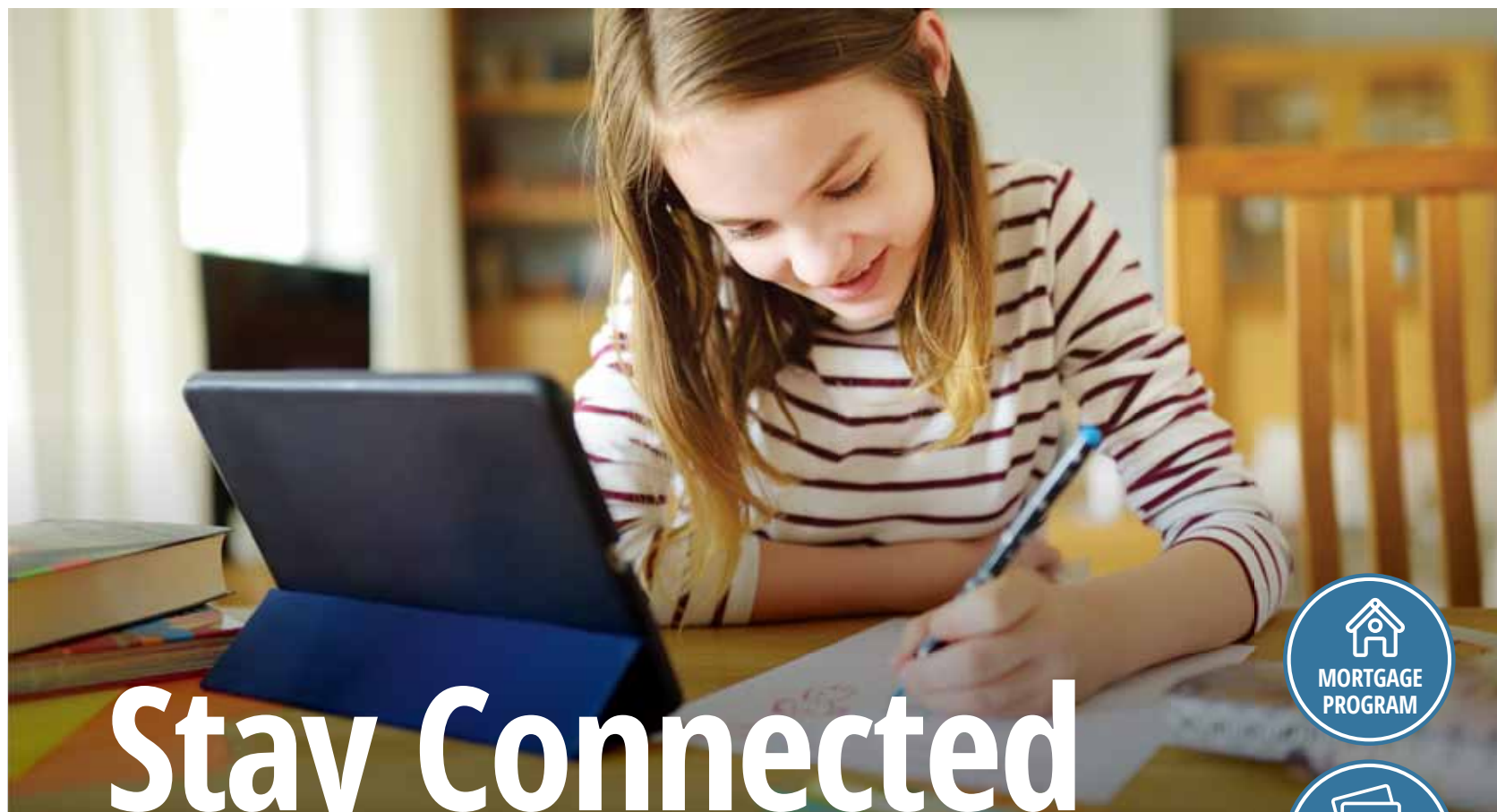
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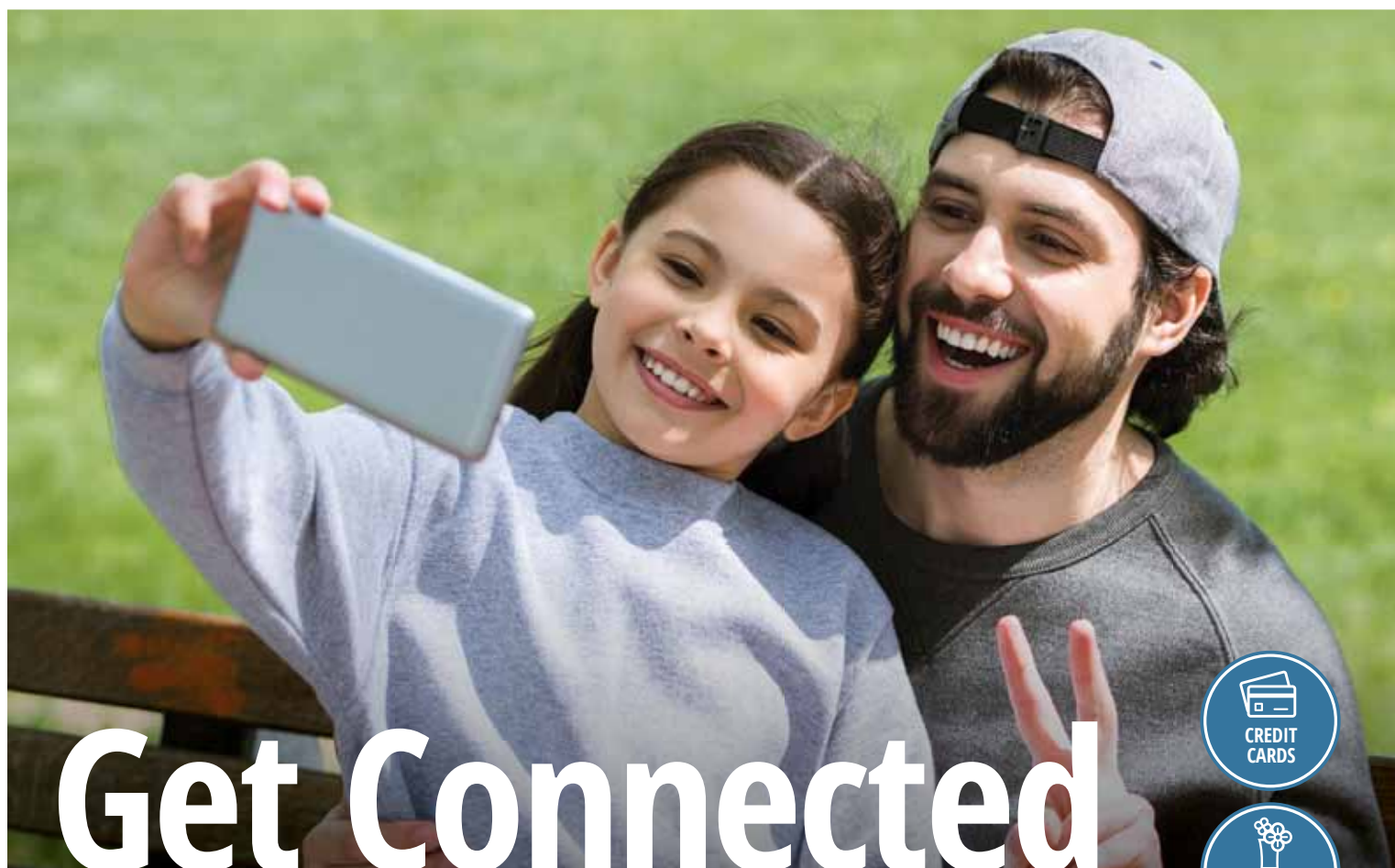
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