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April 2023

LOCAL 802'S DIGITAL MAGAZINE



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Are you a musician dealing with anxiety, depression or other mental health issues?

Mental health services for musicians

Dr. Shara Sand

The pandemic caused unprecedented stress in the lives of musicians and creative artists. But you can learn **effective and helpful ways to feel better and regain control of your mental health and creative life.**

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.
- Dealing with depression, social phobias, low self-esteem and life dissatisfaction, as well as more serious problems of self-mutilation or suicidal feelings.

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SECTION CELLO (2 positions)**

Application Deadline: April 6, 2023

Recorded Prelims Due: May 12, 2023

Live Prelims: May 22 & 23, June 4 & 7, 2023

Semi-Finals: June 9, 2023

Finals: June 10, 2023

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Dr. Shmuel Tatz also helped the younger generation of musicians, including Midori Goto, Daniil Trifonov, Evgeny Kissin, Lang Lang, Joshua Bell and Gidon Kremer

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DR. SHARA SAND, Psy.D.

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