

Mind Matters Overcoming Common Mental Barriers In Drumming

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Working drummer is a phrase that captures the essence of Bernie Schallehn. To the best of his memory, he has never turned down a gig in his over 40 years of performing and played almost every genre of rock music on drums. Bernie Schallehn holds a Bachelor's Degree in Behavioural Science and a Masters Degree in Counselling.

[Mind Matters: Overcoming Common Mental Barriers in ...](#)

Written by Bernie Schallehn, a certified mental health and substance abuse counselor (retired) with degrees in behavioral science and counseling who is also a working drummer and frequent contributor to Modern Drummer, Mind Matters provides insights and exercises for developing the mental and emotional skills that complement the physical and musical techniques employed by today's most successful drummers. The book is meant to be read, studied and practiced away from the drums, and it can ...

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A guide to help drummers and percussionists become more confident, relaxed and competent in their music making and working with those around them.

Drummer Cafe - Mind Matters: Overcoming Common Mental ...

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Mind matters : overcoming common mental barriers in drumming : a user's manual for the mind. Author: Bernie Schallehn. Publisher: Cedar Grove, NJ : Modern Drummer Publications, 2011. Edition/Format: Print book : English View all editions and formats. Summary: "Written by Bernie Schallehn, a certified mental health and substance abuse counselor (retired) with degrees in behavioral science and counseling who is also a working drummer and frequent contributor to Modern Drummer, Mind Matters ...

Mind matters : overcoming common mental barriers in ...

Common mental health problems:These include depression, anxiety, phobias and obsessive-compulsive disorder (OCD). These make up the majority of the problems that lead to one in four people experiencing a mental health problem in any given year. Symptoms can range from the comparatively mild to very severe.

PEOPLE MANAGERS' GUIDE TO MENTAL HEALTH - Mind

The overall number of people reporting mental health problems has been going up in recent years. The amount of people with common mental health problems went up by 20% between 1993 to 2014, in both men and women . The percentage of people reporting severe mental health symptoms in any given week rose from 7% in 1993, to over 9% in 2014 .

How common are mental health problems? | Mind, the mental ...

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