



## You can Uke! with Mimi Sinclair, MM, MT-BC

"Mimi's expertise shows in everything she does. She **customizes therapy to meet individual and group needs**, she keeps up with the latest trends and research, and she translates that knowledge and skill into success for each client." ~ *Glenda Neff, Director, Outreach Services at UC East*

"Mimi is organized, skilled and empathetic. She **has the soul of a therapist, the skills of an excellent musician and the training to blend the two into a unique ability** to help people with a variety of mental health issues. Mimi is a special person who has taken her natural abilities and augmented and expanded them into a way to make the world a better place." ~ *Allesanne Meihaus, Stewards of Children Trainer at Family Nurturing Center of No. KY*

**Description:** This course offers an introduction to the ukulele for the music therapist who is already proficient on the guitar. Participants will learn the fundamentals of use, 13 different chords, 3 standard chord progressions, and 17 songs from a variety of genre. Resources will be discussed along with intervention ideas.

### Board Certification Domains:

1. Sing and play accompaniments to songs from varied genre proficiently on ukulele. (BCD II. A. 5. ac.)
2. Play basic chord progressions in 4 major keys on ukulele. (BCD II. A. 5. d.)
3. Describe interventions using the ukulele for 3 different client populations. (BCD I. D. 11.)

**Prerequisites:** Facebook profile is recommended, not required. The course forum is held in a Facebook group. Participants may submit insights via email in lieu of the Facebook forum.

**Instructor Qualifications:** Mimi Sinclair, MM, MT-BC, is owner and director of Music Therapy Services, LLC, in Cincinnati, OH. She received her Masters in Violin Performance at the University of Cincinnati College-Conservatory of Music and performed with the Cincinnati Symphony Orchestra for 10 years before becoming a music therapist. She completed the equivalency program at the College of Mount

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Saint Joseph and interned at the Cleveland Music School Settlement, after which she returned to Cincinnati to begin her private practice. A committed lifelong learner, Mimi is now working on a Masters in Special Education at Xavier University, expected completion in August 2015.

Having taught previously at the College of Mount Saint Joseph and Ohio University, Mimi now teaches Music Education for Students with Special Needs at the University of Dayton. She is also a clinical trainer in affiliation with University of Dayton, helping to train the next generation of music therapists.

Mimi has been active in the Association of Ohio Music Therapists for many years, holding positions from Area Representative to President. She was awarded the Ohio Association for Music Therapists Past Presidents Club Award in 2010 in recognition of significant contributions to the profession of music therapy.

She also served as Secretary of the Great Lakes Region of the American Music Therapy Association. Mimi is a frequent presenter at state, regional and national conferences of the American Music Therapy Association as well other organizations such as the Autism Society, American Montessori Society, Williams Syndrome Association, and Ohio Music Educators Association.

## **Video Course Format:**

### **Chapter 1**

#### *Video 1*

Overview of course and introduction to the instrument; C major chord; Are You Sleeping?

#### *Video 2*

Review C chord; Are you strumming? F major chord; Row Your Boat; Strum the Uke; F-C practice

#### *Video 3*

Yellow Submarine; C7 chord; Put the Lime in the Coconut; Shortnin' Bread; F-C7 practice;

The Hokey Pokey

#### *Action Step*

Visit the forum and list your favorite one- and two-chord songs. Practice them in the key of F.

### **Chapter 2**

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*Video 3.2*

Simple Gifts; A minor chord; G major chord; Drunken Sailor

*Video 4*

3-chord songs: Will the Circle Be Unbroken; Twist and Shout

*Video 5*

What Makes You Beautiful; Mr. Tambourine Man; Bb major chord

*Video 6*

This Land is Your Land; G minor chord; Little Surfer Girl

*Video 7*

D major chord; G-D practice; Yellow Rose of Texas; Rock Around the Clock

*Video 8*

Review of all chords learned; D7 chord; G7 chord; C-Am-F-G7 progression

*Action Step*

Practice the 12-bar blues in the following keys until you feel confident making chord changes in moderate tempo. Try out different strums. Key of C, Key of F, Key of G

### **Chapter 3**

*Video 9*

Discussion of resources & intervention ideas

*Video 10*

A major chord; E7 chord; 12-bar blues in A major.

*Video 11*

C major scale; Improvisation in C major; Improvisation in A minor

*Video 12*

Side by Side

*Action Step*

Play through all the songs you've learned in this course. Try out the different strum patterns and get comfortable making music with your ukulele.

Complete the post-test

Final Evaluation: 25 minutes

***Total Video Time: 150 minutes***

**Number of CMTEs: 3 Price: \$85 Typical Access Period: 2 Months**

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**CBMT Relationship:** You can Uke! is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. Sound Health Music, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.