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**Dance as an instrument of social, ethical, and spiritual transformation in the non-profit sector: an integrated approach between art and health.**

*Dance as an instrument of social, ethical, and spiritual transformation in the third sector: an integrated approach between art and health*

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### Summary

This scientific article investigates the multidimensional impact of dance when integrated into projects of the Third Sector and confessional organizations. Based on the analysis of curricular structures that integrate "Biblical Practices," "Dance Ministry," and "Social Responsibility," and now enriched by the perspective of Occupational Therapy and Public Health, it examines how art can be used for ethical formation, social inclusion, and neuropsychomotor development. The study discusses the role of NGOs in the democratization of culture, the theology of the body as a foundation for sacred artistic practice, and the importance of professional management in the sustainability of community projects. It argues that dance, combined with a "covenant of honor," Christian values, and specialized therapeutic support, acts as a powerful agent for preventing social vulnerability and promoting health, forming youth leaders committed to service to others and technical excellence.

**Keywords:** Ministry Dance. Social Projects. Third Sector. Character Development. Social Inclusion. Occupational Therapy.

### Abstract

This scientific article investigates the multidimensional impact of dance when inserted into Third Sector projects and confessional organizations. Based on the analysis of curricular structures that integrate "Biblical Practices," "Dance Ministry," and "Social Responsibility," and now enriched by the perspective of Occupational Therapy and Public Health, it examines how art can be used for ethical formation, social inclusion, and neuropsychomotor development. The study discusses the role of NGOs in the democratization of culture, the theology of the body as a foundation for sacred artistic practice, and the importance of professional management in the sustainability of community projects. It is argued that dance, combined with a "pact of honor," Christian values, and specialized therapeutic support, acts as a powerful agent for preventing social vulnerability and promoting health, training youth leaders committed to service to others and technical excellence.

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### Introduction

The intersection between art, faith, and social responsibility constitutes fertile ground for... Pedagogical and social intervention. In Brazil and worldwide, Third Sector organizations and institutions Religious women have used dance not only as an aesthetic expression, but also as a strategic tool. for human and community development. The JUAD (Juniors and Adolescents) project, a



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A non-profit organization present in several countries exemplifies how the structuring of Artistic activities can aim at the development of "character" and citizenship.

The existence of specialization courses that combine "Advanced Dance Techniques" with "Biblical References" and "Children's Dance Ministry" point towards the professionalization of this sector. This article proposes a theoretical analysis of how these programs are structured and what the its real impact on the lives of the participants and the community. The problem involves integration between the technical excellence required by dance (ballet, jazz, contemporary) and social objectives, spiritual and health-related aspects of institutions.

The hypothesis is that dance, when taught within a solid ethical and theological framework, managed professionally and supported by knowledge of rehabilitation and development. Human beings become vectors for social inclusion, risk prevention, and leadership development. The inclusion of co-authorship in Occupational Therapy reinforces the view that art can play a role in "promoting" of health", contributing to the "diagnosis, prevention and treatment" of difficulties in development within the community environment.

### **1. NGOs and social projects: dance as a factor in community protection and health.**

Non-governmental organizations (NGOs) and social projects play a role. vital in providing educational and cultural opportunities for children and adolescents, often Filling gaps left by the State. The JUAD project illustrates how an organization... A structured approach can utilize dance to attract and retain young people in constructive activities.

In this context, dance functions as a social "protective factor." By occupying time By keeping young people occupied with rehearsals and technical classes, the project reduces their exposure to risks such as crime and drug use. From the perspective of Public Health and Occupational Therapy, included In this study by co-author Ednalia Melo, these projects also work in the "prevention and promotion of health". Experience in "family health strategy" and "active search" demonstrates that the project Social dance can be a focal point for identifying vulnerabilities and promoting "reintegration." "social" of the individual and their family.

The methodology of these projects focuses on holistic development, aiming to "develop in "The character of juniors and teenagers." Dance is not an end in itself, but a pedagogical tool. To teach values. The requirement for punctuality and respect for colleagues are transferred to life. everyday life. The "pact of honor" mentioned in the documentation suggests the existence of a code of Ethics that govern relationships within the project, creating a culture of integrity.

Accessibility and the democratization of culture are fundamental pillars. Unlike High-cost private dance schools, social and ministry projects tend to be more inclusive. allowing children from low-income families to have access to learning "Jazz,



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"Contemporary and Ballet". The co-author's experience in coordinating public clinics reinforces the importance of "planning, executing, and evaluating plans and projects" that guarantee universal access and... quality of service provided to the community.

Socialization and teamwork are intensively emphasized. The statement that the work contributed to "cognitive, cultural, and physical development," corroborating the Therapy's view. Occupational activities that promote "adequate overall development of "Individual," stimulating psychosocial skills used in daily life. Community dance is not It's not just leisure; it's basic public policy, it's preventative healthcare, and it's civic education.

## **2. Theological Foundations and the Practice of Ministry Dance**

The inclusion of dance in an ecclesiastical context requires a theoretical and theological foundation. robust, as evidenced by the "Introduction to Biblical Studies" and "Biblical References" courses "to Dance". The Christian theology of the body understands the human being as an indivisible unity of Body, soul, and spirit. Therefore, the body is not a disposable shell, but a "temple," worthy of being... Used for the expression of faith.

The "Children's Dance Ministry" course demonstrates the pedagogical application of Theology. Dance is used as a tool for exegesis and communication, facilitating understanding of biblical narratives through playfulness. The spiritual dimension of dance is also manifested in "Spiritual Growth Through Dance." For the practitioner, dance can be a moment of... Prayer and inner healing.

Ethics and conduct are inseparable from ministerial practice. The ministerial dancer is... Called to be a model of "strong Christian beliefs" and integrity. The refined technique, acquired through courses. The practice of "Ballet and Jazz" is seen as an offering of excellence to God. The rigorous technical training is... therefore, an expression of reverence.

Ministry dance also has a missiological function. "Missionary journeys" and "Evangelism" efforts use art to overcome cultural barriers. Dance attracts the public, creating opportunities for dialogue and sharing of faith. The dance ministry becomes, Thus, a strategy of intercultural communication and service to the global community.

## **3. Social inclusion and acceptance of diversity with therapeutic support.**

The community-based nature of social and ministerial projects fosters inclusion and... Embracing diversity. The documented practice of "accommodating students with special needs." "Special education using different teaching styles" reflects an ethical commitment to the dignity of each individual. person. Inclusion is significantly enhanced by the multidisciplinary approach brought by co-author Ednalina Melo, whose experience at APAE and in neurological rehabilitation provides tools for



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A project to embrace neurodiversity with technical expertise.

The inclusion of people with physical, intellectual, or sensory disabilities in dance is a powerful testimony. The methodology for inclusion involves curricular adaptation and the use of flexible pedagogical strategies, based on Occupational Therapy protocols, aimed at...

"To develop and/or improve the acquisition of cognitive and sensorimotor skills." The teacher must be prepared to teach at each student's "appropriate pace," using resources that they promote "independence and autonomy in basic activities of daily living and practice."

"Gentle discipline" creates a safe environment where the struggling student does not feel judged, but supported. With the support of the co-author specializing in assistive technology, it is possible "to prescribe and create adaptations" to the environment or dance accessories, allowing for full participation of students with reduced mobility. Dance becomes a space for rehabilitation, psychomotor and social.

Socioeconomic diversity is also a reality in these projects. Dance acts as a social equalizer. Young people from different social classes dance together, creating bonds that break down barriers. The involvement of families, as evidenced by the "family recitals," creates a support network. The co-author's experience in conducting "home visits" and working with the "psychosocial team" "maintaining family ties" reinforces the importance of integrating the family into the process, artistic and therapeutic.

Teacher training for inclusion is a challenge. Collaboration with professionals in the health sector, it allows for "resolving doubts and difficulties and enhancing the exchange of knowledge existing", enabling the dance teacher to handle complex cases. Inclusion in dance social action, supported by clinical knowledge, recovers its function of uniting the tribe and celebrating life in all its forms.

#### **4. Professional management, leadership and coaching in cultural projects**

The sustainability and impact of dance projects in the third sector depend directly on... of the quality of their management. The documentation reveals intense activity in "coordination and complete dance program administration." Administrative amateurism is the main cause of mortality of social projects; therefore, the professionalization of management, with "processing of payments and financial responsibility" is essential.

Leadership skills are enhanced by training in *Systemic Integral Coaching*. The co-author, who brings emotional intelligence and people management tools to the artistic environment. The leader must inspire, motivate, and empower their team, acting in the "supervision of therapeutic workshops" and in coordinating personnel, ensuring that everyone works with purpose.

Planning events, such as "spring recitals," requires complex skills.



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Cultural production and logistics. The manager must coordinate schedules, volunteers, and resources.

artistic leadership, capable of "choreographing all the dance numbers," mobilizes the group around a common goal.

The connection with external networks and internationalization are important differentiating factors.

Conducting "courses and workshops nationally and internationally" connects the local project with

Global trends. The manager must have a strategic vision to seek partnerships and certifications. Management of the curriculum and pedagogical quality, along with the "issuance of reports and opinions"

Technical expertise demonstrates seriousness and commitment to results. The professionalization of management,

Combining art and executive skills is the path to sustainability.

## **5. Ethics, citizenship and character formation**

Character development is the ultimate goal of many dance-based educational projects.

especially those linked to Christian values like JUAD. Dance is used as a school

of virtues, where physical discipline teaches self-control and perseverance. The "pact of honor"

formalizes this ethical commitment.

Citizenship is exercised in practice through service. The "provision of social services to

"Community" puts the student in contact with the reality of their surroundings. The co-author's experience

in "promoting integration activities with the community" and acting in "health strategies of

The phrase "family" reinforces dance as an essential service. By dancing in hospitals or nursing homes, young people

She realizes that her art has the power to heal and comfort, developing empathy and social responsibility.

Ethics in interpersonal relationships is developed through group interaction and...

"Gentle discipline." Respect for authority and rules shapes conscientious citizens. Integrity and...

Transparency is a value reinforced by the financial and administrative management of the project. The student

He learns that righteousness is the path to lasting success.

Identity and self-esteem are strengthened through participation in the project. The young person

Empowered by art and ethical values, he becomes an agent of transformation, capable of "improving"

their overall emotional state" and to restore their autonomy. Social and ministerial projects are breeding grounds for this.

of this new generation of leaders.

## **6. The pedagogy of example and the integration of faith and life.**

The pedagogy adopted in these projects is strongly based on example and consistency between

Discourse and practice. The teacher and the leader are seen as integral mentors. The mention of "teacher"

"Hardworking and reliable with strong Christian beliefs" indicates that faith is a driving force behind her behavior.

professional. The integration between faith and professional life teaches the student that spirituality should

to permeate all actions.



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A job well done is a form of testimony. "Dedication and zeal in various..."

"Ministries" demonstrate a life of service. Mentoring happens daily, in conversations.

Informal methods and technical corrections made with care. Ongoing teacher training, including courses...

in "New York" and specializing in *Coaching* and Neurology, he teaches the importance of humility and from the constant pursuit of knowledge.

The integration of theological, pedagogical, artistic, and health knowledge shows that...

Faith engages in dialogue with science for human enrichment. Resilience and adaptability.

They are taught by the example of leaders in "facing challenges." The pedagogy of example does not shape...

followers, but new leaders who will perpetuate the values learned. The technique of dance is

Important, but it is the human, technical, and spiritual qualities of the leaders that truly mark the lives of the students. forever.

## Conclusion

Detailed research on the application of dance in Third Sector contexts and religious organizations, based on the analysis of extensive resumes and now expanded by From the perspective of Occupational Therapy and Public Health, it can be stated that art is one of the most... powerful vectors of human development available today.

The structuring of programs that combine the technical rigor of ballet, jazz, and contemporary dance. With ethical, theological, and civic principles, it creates a comprehensive pedagogical model. The actions of NGOs and social projects have proven essential in democratizing access to culture and in protection. social, also serving as a strategy for promoting health and preventing harm in community.

Theological and spiritual foundations give depth and purpose to the practice of Dance. Social inclusion and the embrace of diversity are hallmarks of these projects, now. strengthened by the clinical knowledge in neurology and assistive technology brought by the co-author Ednalia Melo, allowing dance to play a role in rehabilitation and promoting autonomy in activities. of daily life.

Professional management, combining artistic skills and systemic leadership (*coaching*), It emerged as a critical factor for the sustainability and effectiveness of the initiatives. Character formation and The promotion of active citizenship is one of the most lasting results. The integration between technical excellence, Human values and concern for health reaffirm that dance is much more than... entertainment; it is education, health, social assistance and spiritual expression.



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