



OHIO DANCE

Community Spaces

The OhioDance Board of Trustees has prepared this list of resources for the community.

This is a starting point. We will continue to update this resource.

This resource is for dance artists and dance educators!





OHIO DANCE

Table of Contents

1. Respect
2. LGBTQ+
3. Indigenous
4. Trauma-Informed Education
5. Eating Disorders
6. Food Insecurity
7. Ableism
8. Mental Health



Respect - Resources

VIDEOS

- Misty Copeland Changed Ballet | She Was First
- DIVERSITY AND INCLUSION IN JUST DANCE — video on diverse representation in dance
- Bill T. Jones: Still / Here with Bill Moyers
- Misty Copeland's new foundation focuses on diversity, equity in dance

BOOKS

- The Art of Making Dances (Doris Humphrey)
- Bunheads, Act 2
- Dance Pedagogy for a Diverse World: Culturally Relevant Teaching in Theory, Research and Practice

WEBSITES

- Disrupting Harm in Dance — resources on consent, equity, and safety in dance culture
- Dance/NYC Racial Justice Resources — resources for equity, disability, and anti-racism in the dance field
- Stance on Dance — articles about ableism, accessibility, and cultural context in dance
- Misty Copeland Foundation
- Diversity, Equity, Inclusion and Accessibility in Dance Education
- How Dancing Classrooms Defines I.D.E.A.

LGBTQ+ Resources

VIDEOS

- "Dance is a form of survival for the LGBT community"
- LGBTQ+ Performing Arts Resources at the Library of Congress
- Native American Two-Spirit Dancers at 2018 LGBTQ Time (LGBTQ + Indigenous)
- Dancing with Pride: Honoring LGBTQ Natives

WEBSITES

- LGBTQ+ Performing Arts Resources at the Library of Congress
- LGBTQ+ Performing Arts Resources at the Library of Congress: Other LGBTQ+ Resources

- Queer Dance 1st Edition
- Sense of Shifting: Queer Artists Reshaping Dance
- Queer Tango Politics: or Why I think as I Do
- We Came to Dance: A Queer Anthology Benefitting Club Q

- The Queer Encyclopedia of Music, Dance, and Musical Theater
- A Queer History of the Ballet / Edition 1
- Black Queer Dance: Gay Men and the Politics of Passing for Almost Straight
- Impossible Dance: Club Culture and Queer World-Making

BOOKS

- Queer Dance: Meanings and Makings
- Ballez Everywhere: Inclusive Queer Ballet Series

LGBTQ+ Resources

ARTICLES

- The Rise of Queer-Friendly Social Dances
- Queer Dance Theory: On Smashing the Heteropatriarchy, Creating Body- and Sex-Positive Dances, and What it Means to be a Queer Artist
- Never Stop Dancing: On Dance and Queer Sensibility
- LGBTQIA+ Dance: An Evolving Guide for the Future of Dance Education
- Queer Embodiment and Dance
- queerness in dance
- Dancing after the COVID pandemic helped me embrace my full queer self
- Dancing Beyond the Gender Binary

Indigenous Resources

VIDEOS

- Reclaiming Indigenous Identity through Dance | The Express Way with Dulé Hill
- Git-Hoan Raven Dance | Native American Culture
- Collection: Indigenous Dance

BOOKS

- Dancing Indigenous Worlds: Choreographies of Relation
- Indigenous Dance and Dancing Indian: Contested Representation in the Global Era
- Native American Dance: Ceremonies and Social Traditions
- Native American Dance Steps
- Medicine Dance: One Woman's Healing Journey into the World of Native American Sweatlodges, Drumming Meditations and Dance Fasts

WEBSITES

- The Native Dance web project
- Dancing Earth Creations
- Native Spirit Productions
- Redhawk Indigenous Dancers share Apache Rainbow Dance at Lincoln Center

Indigenous Resources

ARTICLES

- On Indigeneity Unboxing the term “Indigenous dance artist” with three generations
- Indigenous dance as a medium for participatory learning: a study of ‘a dance into manhood’ as a paradigm
- Native Dance Now: Body and Spirit
- Choreographing Relationality” in “Dancing Indigenous Worlds”
- How the Indigenous Community Is Using Dance as a Way to Heal
- Recovering Stolen Dances: Until 1951, Indigenous dances were banned by law

Trauma-Informed Education Resources

VIDEOS

- Video Demonstration of the Trauma-Informed Teaching Practices for Dance Educators Online Course
- Trauma-Informed Dance Tutorials + Tips
- Becoming Trauma Sensitive through the Trauma Dance | Becca Johnson | TEDxLSSC

WEBSITES

- The Language of Trauma-Informed Teaching in DanceThe Language of Trauma-Informed Teaching in Dance
- Welcome to additional resources for Trauma-Informed Teaching Practices for Dance Educators!

- Care-full Creativity in Theatre and Dance Education: Consent-Forward, Trauma-Informed, Psychologically Safe Movement Pedagogy
- Dance/Movement Therapy for Trauma Survivors: Theoretical, Clinical, and Cultural Perspectives
- The Dance Therapy Handbook: Moving Towards Wholeness
- Essentials of Dance Psychology
- Foundations of Dance Therapy (Marian Chace Papers)

BOOKS

Trauma-Informed Education Resources

ARTICLES

- [Dance and the Violated Body: Trauma-Informed Frameworks for Dance in Non-Clinical Settings](#)
- [Embodying care: Trauma-informed practice in community dance](#)
- [Finding Our Way Home Through Trauma Informed Dance](#)
- [Dance HealthPracticing trauma sensitivity in your dance studio](#)
- [Impact of dance therapy on adults with psychological trauma: a systematic review](#)

Eating Disorders Resources

BOOKS

- The Eating Disorder Trap: How Dancers; Perfectionism Can Make Things Dangerously Worse article by Dawn Smith-Theodore
- Dance Psychology for Artistic and Performance Excellence With Web Resource by Jim Taylor,Elena Estanol
- Nourishing Dance: An Essential Guide on Nutrition, Body Image, and Eating Disorders
- TuTu Thin: Dawn Smith-Theodore

Eating Disorders Resources

VIDEOS

- [Nutrition for Dancers with Rachel Fine](#)
- [What Does Disordered Eating Look Like in Dancers?](#)
- [Why Eating Disorders Prevail In The Ballet Industry | Isabel Martins | TEDxYouth@TBSRJ](#)
- [Eating Disorders Educational Videos](#)

Eating Disorders Resources

WEBSITES

- Home - National Eating Disorders Association
- Academy for Eating Disorders (AED)
- National Association of Anorexia Nervosa and Associated Disorders
- Families Empowered and Supporting Treatment of Eating Disorders (F.E.A.S.T.)
- The International Association of Eating Disorders Professionals Foundation (IAEDP)
- Dance/USA
- Overeaters Anonymous (OA)
- Eating Disorders hotline

Podcast

- TUTU THIN PODCAST

Eating Disorders Resources

ARTICLES

- Staying Healthy on Tour

Written by Shaw Bronner, PT, PhD, OCS, Heather Southwick, PT under the auspices of the Dance/USA Task Force on Dancer Health (2015).

- What You Should Know About Vegan and Vegetarian Diets

Marie Scioscia, M.S., R.D. under the auspices of the Dance/USA Task Force on Dancer Health (2020).

- Vitamin D and Calcium for Bone Health: Nutritional Tips for Dancers

Written by Selina Shah, MD, FACP, FAMSSM under the auspices of the Dance/USA Task Force on Dancer Health (2015, UPDATED 2020).

- The Dancer's Planning Guide to Optimizing Immunity During COVID-19 and Beyond

Linda Bluestein, M.D. under the auspices of the Dance/USA Task Force on Dancer Health (2020).

- Caffeine and Energy Drinks in Dance: Risks and Benefits

Written by: Marie Scioscia, M.S., R.D., CDN; Rory Cullen, PT, DPT; Catherine Cullen, PT, DPT; Megan Meier, M.D. (2025).

- Dance Recovery Nutrition: What is Appropriate for Dancers?

Written by Jeffrey Lucchino, MS RDN CSSD under the auspices of the Dance/USA Task Force on Dancer Health (2018).

- Dancers and Food: A Relationship Worth Improving

Written by: Marie Scioscia, MS, RD, CDN and Lauren Dean, LAT, ATC (2023).

Food Insecurity Resources

ARTICLES

- Let Yourself Be Moved: Raising Compassion for Food Justice through Contemplative Dance Performance
- Dancers and Overeating
- Dance Away Hunger
- Why Dancers Need Adequate Nutrition for Whole Body Health
- The Most Common Nutrition Concerns Amongst Dancers

WEBSITES

- Dance as an Artist Fuel as an Athlete
- Teen Uses Her Passion for Dance to Advocate for Food Security

BOOKS

- Nourishing Dance: An Essential Guide on Nutrition, Body Image, and Eating Disorders
- The Cold-And-Hunger Dance

Ableism Resources

VIDEOS

- Breaking Barriers of Ableism Through Dance
 - Dancing Disability Lab 2022
 - Beyond Access Conference 2021 - Dance, activism and structures of ableism within the performing arts - Skånes Dansteater
 - NEW YORKERS FOR DANCE: Disability. Dance. Artistry.
-

BOOKS

- Principles of Movement
- Dancing Is the Best Medicine: The Science of How Moving To a Beat Is Good for Body, Brain, and Soul
- Dance Movement Therapy and Psycho-social Rehabilitation
- Performance Psychology for Dancers
- Inclusive Dance: The Story of Touchdown Dance
- Dance, Disability and Law: InVisible Difference

WEBSITES

- Dance and Ableism
 - Disability and Ableism: What Are They?
 - Dance/NYC Racial Justice Resources
-

Ableism Resources

ARTICLES

- **Ableism in Dance and Disabled Dancers**
- **Addressing ableism in dance**
- **Ableism in Motion. On Dramaturgy and Documentation of Diverse Dance**
- **Philosophy of dance and disability**
- **The Facilitation of Ableism in Dance Audience Members**

Mental Health Resources

VIDEOS

- [The Battle in my Mind - Mental Health Interpretive Dance](#)
- [How We Can Dance Our Way to Better Mental Health | Anna Duberg | TEDxKI](#)
- [Ballet & I // Award-Winning Dance Mental Health Documentary](#)
- [Mental Health PIECE | Dance](#)
- [Mental Health for Dancers with Dr. Rachel Goldman](#)
- [Mental Health In Dance & Competitive Sports](#)

WEBSITES

- [dancer mental health: Home | Minding the Gap](#)
- [Navigating Mental Health in the World of Dance](#)

BOOKS

- [The Ballerina Mindset: How to Protect Your Mental Health While Striving for Excellence](#)
- [Dance Psychology for Artistic and Performance Excellence](#)
- [Psychology for Dancers Theory and Practice to Fulfil Your Potential](#)
- [The Body Is Not an Apology: The Power of Radical Self-Love](#)
- [Briefly, Perfectly Human: Getting Ready for the World](#)

Mental Health Resources

ARTICLES

- The Benefits of Dance on Mental Wellbeing
- Dancing may be better than other exercise for improving mental health
- Dance Is Therapy—But Dancers Need Better Mental Health Care
- Free moving' dance has healing benefits for mental health
- Dance Is a Powerful Tool for Emotional and Physical Health
- Dance Isn't For Everyone

PODCASTS

- Dance; Better
- Illuminating Mental Wellness in Dance
- Nutrition for Dancers with The Dance Nutritionist
- Passion for Dance Podcast



OHIO DANCE

Community Spaces

The OhioDance Board of Trustees has prepared this list of resources for the community.

This is a starting point. We will continue to update this resource.

This resource is for dance artists and dance educators!

