



Shay Beider

Integrative Touch for Kids

As a pre-med student, Shay Beider saw a little girl undergo anesthesia for surgery, incredibly frightened and feeling painfully alone.

It forever impacted her.

She would go on to found Integrative Touch for Kids in 2005, a nonprofit dedicated to the healing and wellness of children – all based on the transformative power of human touch. ITK offers programs to help soothe children with debilitating, chronic health issues who are in hospitals undergoing painful treatments or long stays; retreats to offer support to families; and palliative care clinics for low-income children with complex medical conditions.

Today, ITK provides its proprietary, integrative precision medicine therapy to thousands of children and caregivers in Southern Arizona each year. Research shows that therapy reduces pain, anxiety, and fear by percentages far greater than medications alone can provide.

“We have the honor of being at ground zero for these children and their families in the most stressful and terrifying times,” said Beider. “So we use integrative touch therapy along with the power of compassion and love to bring light into people’s darkest moments.”

The vision of ITK is to build a first-of-its-kind healing center – a model that can be replicated – to fully focus on children with special medical needs and their families.



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