

About Dr. Keith

Dr. Judy Keith is a health educator, a death educator and trauma specialist. She is not a licensed therapist. She is a licensed and ordained Christian minister. She was widowed at the age of 29 and a bereaved parent at the age of 40. Both her



parents and a younger sibling are deceased. She has trained school and community agencies in grief, trauma, crisis management, violence prevention, bully prevention and life skills in 42 states. She has presented workshops for ACA, ASCA, AASA, NAESSP, NASSP, ASCD, NSDA, NFDA, Hospice organizations, and regularly serves as the keynote speaker for state professional associations. For several years, Dr. Keith has co-written and funded 60 federal grants for school districts.

In her private office, Dr. Keith has assisted adults and children who have suffered the loss of a loved one through homicide, suicide, natural disasters, accidents, and sudden and long-term illness. She has trained thousands of school and community

professionals affected by significant traumas and loss.

Dr. Keith is the author of numerous books, training manuals, and tapes including *Grieving Well: A Personal Journal for Adults about Loss and Grief* and *Skills for Life: A Personal Journal*

Dr. Keith is a member of the
American Counseling
Association of Death
Education and Counselors
American Academy
of Traumatic Stress



Renew Center,

To Make a Private Appointment Call:

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Renew Center, Inc.

Adult and Child Life Skills Coaching

All services provided on
a Sliding Fee Scale

Client Comments

"Our 23 year-old son committed suicide. He had been depressed and hospitalized at one point. Losing a child is the most difficult loss and his choice made our grief process even more difficult. I can't image coping with his death without having a safe person to guide me."

— Janet T.

"Our son was in college but had made friends with the wrong crowd. We suspected he was experimenting with drugs. We thought he was just going through a phase. We still don't know if his death was planned or due to an accidental overdose. I struggle daily with what I could have done to have made a difference but I know I can't bring him back."

— Mary Ann

"He was the love of my life. That day was like any other until the police officer knocked on my door. A drunk driver hit him and he was killed instantly. Now every day is a challenge. I have students to teach and I have difficulty staying focused." — Jane M



"We had been married 26 years when my husband announced he wanted a divorce. I was devastated. He was a favorite grandfather to our shared grandchildren. At my age, I was not sure I could start over. The grandchildren did not understand and were struggling to cope. I did not know what to tell them." - Sue

"The doctor said that our daughter's hair loss was not due to some strange disease. She was pulling it out herself. We learned that she was struggling with anxiety and had a very negative opinion of herself. She changed her behavior within weeks, learned how to manage her anxiety through positive self-talk and relaxation activities. Dr. Keith taught her the life skills she needed." Tom and Dottie

"After repeated problems at school, our son was assessed and diagnosed with ADHD. We had tried every parenting skill we knew during the years and felt helpless. We learned more about ADHD and things we could do with diet, exercise, supplements, and changes in his habits and study skills. He is doing much better and so are we!" -

Tim and Cynthia

"Our daughter's best friend called. She said

Samantha was cutting herself with a razor. I

I was horrified! When I confronted her,

I couldn't believe my eyes. She had rows of cuts on her arms. The school counselor encouraged us to get professional help. What a relief! It took patience, time, attention, understanding, improving our communication skills and learning about self-mutilation for her to change her thoughts, feelings, and behavior. As parents we learned from the life skills classes and books that we were asked to read on how to provide a more supportive home environment for her." Ralph and Kathy

All teaching and coaching sessions with a child must begin with parents involved. Homework assignments will be given weekly, reviewed weekly, and new skills introduced to allow the parent and child to practice reinforcing what is learned.

Major areas requiring personal work may be identified by the parent and child and may include such things as anger management, coping with anxiety, communication skills, conflict resolution, grief from death or divorce and family changes.

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