

Keith Armstrong, L.C.S.W., is a retired Clinical Professor of Psychiatry at the University of California, San Francisco (UCSF). He is certified as an Emotionally Focused couples therapist and supervisor. Keith is retired from the San Francisco Veterans Administration Health Care Systems (SFVAHCS), where he was the Strategic Partnership Officer and an Associate Chief of Mental Health. He directed the Veterans Outreach Program, which has two sections: the Community Veteran Health Program and the Student Veteran Health Program. The Student Veteran Health Program is the first-ever VA-funded mental health program on a community college campus, was awarded a silver medal for Best Program by the American Psychiatric Association in 2013, won the Federal Bay Area Employee Program Division of the Year in 2018, and, provided mental health and social work services on six college campuses and outreach to more than a dozen Northern California colleges and universities. He also directed the SFVA's Family Therapy Program, where he provided supervision and training to psychiatry residents, psychology externs, interns, fellows, and social work trainees. Over the years, Keith also consulted to the UCSF Intensive Family Therapy Program. He is the recipient of multiple teaching awards, including the prestigious 2011 UCSF Department of Psychiatry George Sarlo Teaching Award. In 2013, he won VA National Social Worker of the Year. In 2014, he participated in a Congressional roundtable in Washington, D.C., focusing on how best to reach out to returning Veterans, and in 2016 presented in Washington, D.C. to the Commission on Care Committee. In 2020, the Disaster Mental Health Team, which Keith directed, won the Bay Area Employee Program Division of the year for their work on responding to the COVID-19 pandemic. He is the author or co-author of a number of peer-reviewed publications and the co-author of the best-selling book *Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families*. Keith's newest co-authored book is entitled *Courage After Fire for Parents: Strategies for Coping When Your Son or Daughter Returns from Deployment*. He continues to provide consultation on Veterans programs and on couples therapy nationwide.