



Alison Ruth Kravit

January 5, 1983 - April 19, 2024

Alison Ruth Kravit,

RIVER HILLS. Born 1983 died 4/19/2024 at 41 years old. Dr. Alison Kravit, Psy.D. was a well-known psychologist and ADHD coach, loving mother, empathetic listener, and compassionate advocate for the people she treated, her children, and for a more understanding world. In a book she wrote, she said, "One of my favorite things about myself - I make people feel understood for who they are and accepted. I loved helping people improve their lives. It's my favorite thing to hear someone say they finally accept themselves for who they are and have the confidence to move forward." She leaves behind her children, Jack Kravit O'Brien (9), Hannah (6), and Margot Kravit (2), who she loved and adored. She is survived by her parents, Stephen and Anne Kravit; her sisters, Dr. Jessie (Dr. Michael) DeFazio, and Katie (Craig Dimpleby) Kravit; her friend and former husband, Timothy (Amanda) O'Brien; along with her special nieces and nephews, Sammy, Luisa, and Cole. She is further survived by close cousins Michael, Emily, JJ, Harte, and Oliver and their respective spouses and children. She was preceded in death by her life partner, Clyde Blake, and her beloved grandmas Jackie and June.

She was a principal therapist at Mequon Clinical Associates for more than a decade. As an ADHD-certified coach, she was a nationally recognized authority, treating people from all over the world. She wrote "People with

ADHD are my absolute favorite people!"

Ali was unique and special. She loved tie-dyed clothing, tattoos, rainbows, and anything colorful. She was unapologetically herself, embracing her individuality with hair in every color and wearing sweatpants as often as she could. She wrote her funeral wishes to "wear sweatpants, neon or skulls. Make people smile. Do what you need to do in order to be OK." Ali loved helping people see the good in themselves and work with their brains instead of against them. She said, "I want to be remembered as someone who truly cares about what people go through and their perceptions of things." Her greatest joy was seeing people learn, understand, and love themselves. She wrote "Be yourself - as Dr. Seuss says, 'those who mind don't matter, and those who matter don't mind!'."

Her last words were "No matter what, be kind. I love all of you!"

Memorial service 11 AM Wednesday, April 24, 2024, at Congregation Sinai, 8223 N. Port Washington Rd., Fox Point, WI 53217. Memorials to Milwaukee Jewish Day School, 6401 N. Santa Monica Blvd., Milwaukee, WI 53217.

To join virtually, <https://Sinaimke.livecontrol.tv/2ff2b07a>

Previous Events

Service

APR **24**. 11:00 AM (CT)

Congregation Sinai
8223 N. Port Washington Rd.
Fox Point, WI 53217

Tribute Wall

BW

“ I am now just discovering her obituary.... I am heartbroken. Out of many therapists, Dr. Kravitz was the only one who truly made an impact in my life. Even today, as I study clinical social work in graduate school- I would have never gotten to where I am without her. I can only hope that one day, I can change the lives of my patients the way she did mine. Rest in Paradise Dr. Ali, you will be greatly missed.

Brittney Wiorek - October 20, 2024 at 06:55 PM

AP

“ I only met Dr. Kravit a few times. She did my evaluation and then diagnosis for ADHD last year. I've read a lot of stories from strangers on the internet about negative experiences with doctors about ADHD, so I was really nervous going into it. But Dr. Kravit was wonderful. She made me feel completely welcome, comfortable, and understood. She truly changed my life for the better. I found this obituary while trying to look up her info to pass onto someone else. I am absolutely shocked and devastated. The ADHD community lost somebody very important. A true advocate for us in a world that doesn't understand us. And of course, her family lost a loved one still so young. My deepest sympathy for her family. I'm so so very sorry for your loss. Please know that Dr. Kravit was appreciated and cherished by so many people. People like me who only met her briefly in passing. But I'll never forget her. Thank you Dr. Kravit.

a patient - July 20, 2024 at 02:39 PM

NC

“ Even though we were but a blip on Ali's life radar, the time we spent with her and the rest of the family will always be wonderful memories. I will always remember Ali's smile and verve for all things Agawak. She and Laura grew close at camp and that spilled over to post-camp. We are heavy-hearted at her loss. You have our deepest sympathies and condolences. Nancy Shutan

Nancy Curott - April 27, 2024 at 07:46 PM

JO

“ Family, I wish you all peace in heart and mind. I met with Dr. Kravit many times as her client. She impressed me immediately with her openness and ability to listen. She helped me to understand and respect myself as a person with beautiful individuality. She helped me craft a personalized message to myself that I carry with me daily; it has served me well for years, and I think of Dr. Kravit and her brilliance whenever I read it. Her brilliance will be missed. I so appreciate all of the time that she gave to me and my family. Jill Oechler

Jill Oechler - April 27, 2024 at 06:45 PM

AP

“ I knew Ali as Dr. Kravit. She was my psychologist, welcomer, validator, resource and light into the world of ADHD. Ali gave me SO much to understand and appreciate myself. And as a therapist myself, I use what Ali gave me to help my own clients with ADHD to do the same. In Ali's merit, I will continue to learn from what she gave me and use it to help others understand, appreciate, and validate themselves.
My heart aches for all of you...and for all of us for whom Ali was a guide. May her memory always be for a blessing.
With love and great sympathy, Andi Patz

Andi Patz - April 25, 2024 at 08:16 AM

MI

“ I photographed Ali a number of times through the years, and she was definitely a light in this world. Her love for others always came through, and I know she brightened the lives of many. Thinking of all her family, friends and patients.

Miranda - April 24, 2024 at 09:55 PM



“ The Kravit family was a part of my years teaching at Nicolet and I am so sorry for your loss. Ali will be missed. May her memory be for a blessing. Zichrona levracha.

Suzanne Weinstein - April 24, 2024 at 03:45 PM

LI

“ My heartfelt condolences to the family of Dear Ali. She was a blessing in this life, helped and changed the lives of so many people and was incredibly generous with her time, advice and compassion. What a beautiful, inspiring person and I'm so very sorry for your loss.

Lisa - April 24, 2024 at 11:12 AM

CB

“ My family and I send our warmest condolences. We share so many wonderful memories of Ali and the Kravit family.

Chadd Berkun - April 24, 2024 at 09:10 AM

DZ

“ Our deepest sympathies for your loss. We are thinking of you and sending healing prayers. May her memory be a blessing and a source of comfort.



The Zemel family

Debbie and Dean Zemel - April 23, 2024 at 01:01 PM

JR

“ I had known Alison as a young camper at RDC then as an adult professional at MJDS. I am so sorry to hear of her passing. My condolences to her immediate family and the entire Kravit family.

Jim Ross - April 23, 2024 at 12:19 PM

BF

“ The family of Jeremiah Fisher sends their condolences to Ali's family. We have fond memories of Ali during the high school years. May her memory be a blessing. Barbara Fisher

Barbara S Fisher - April 23, 2024 at 07:34 AM

MK

“ So sorry. Our heartfelt condolences. May her memory be a blessing.

The Kartmans

Marc Kartman - April 22, 2024 at 07:23 PM