

ANGELA L. CHARLTON, Ph.D.

CONTACT

☎ (646) 457-9187
✉ ancharl@vt.edu
📍 Oklahoma City, OK

Over the course of my twenty-years in the athletic and counseling industries, I have specialized in Individual and Group Counseling settings which has given me the opportunity to provide hundreds of clients with clinical and mental skills training that supports stellar athletic performance. Additionally, I have had remarkable success initiating, augmenting, and managing Clinicians in specialized Player Development Programs focusing on life skills education and mental skills training for athletes.

EXPERIENCE

2013 – 2019

Director of Wellness & Human Player Performance

◆ Oklahoma City Thunder

- Provided individual and group counseling support for Oklahoma City Thunder players, their families, and OKC staff.
- Provided individual and group counseling support for Oklahoma City Blue players, their families, and OKC staff.
- Provided mental skills training and support to players.
- Ran Thunder University, an educational program for first to third year players.
- Facilitated Small Group Discussions regarding Health & Sex Education and Substance Abuse Education.
- Developed and implemented Life Skills programs: Anger Management, Stress Management, Dealing with Fear and Anxiety, and Conflict Resolution.
- Provided Supportive Services and Resource Referral for more intensive treatment needs.
- Professional Athlete facilitation regarding Transitioning in and out of the professional environment.
- Maintained Ethical and Confidentiality standards of clients.

2011 – 2013

Therapist

◆ Inova Health System

- Provided individual and group counseling for patients with mental disorders and addiction issues.
- Triage patients in inpatient facility to the proper departments for various levels of care.
- Created individual treatment and discharge plans for patients.
- Led counseling groups where I provided psychoeducational therapy.

2009 – 2011

Program Manager

◆ National Football League

- Managed and trained clinicians for all 32 clubs of the Rookie Success Program.
- Co-developed the suicide prevention program for current and former NFL players
- Hired, trained, managed staff, and established policies and procedures for all programs.
- Project Manager for NFL Rookie Symposium.
- Trained clinicians and former players to facilitate break-out groups at Rookie Symposium.
- Project Manager for NFL Rookie Success Program.
- Developed program modules/curriculum for Rookie Success Program.
- Program Manager for NFL Professional Development Program.
- Program Manager for NFL/NCAA Life Skills Summit and Roundtable for Student Athletes.
- Created program curriculum and selected participants for Summit.
- Selected and vetted consultants to present to teams for mandatory professional development presentations.

2005–2010	<ul style="list-style-type: none"> • Project Manager for NFL Transition Coaches Training Program for former players. • Evaluated effectiveness of programs <p>Adjunct Professor</p> <p>Johns Hopkins University (2009–2010)</p> <p>Virginia Tech University (2009–2010)</p> <p>George Mason University (2005–2007)</p> <ul style="list-style-type: none"> • Taught and supervised counseling skills to graduate students • Administered career and development analyses. • Trained graduate level students in Career, Individual, and Group Counseling skills. • Administered Career Assessments to clients from various educational backgrounds. • Assisted clients with Career Plans including Continuing Educational Plans. • Provided Career Development Analyses to clients. • Developed Career Transition Plans; many of which included promotional opportunities within their current career field or the transition into a new field. • Monitored and mentored internships of graduate students • Coordinated Tutorial Programs for students needing further educational assistance. • Utilized Online and Distance Learning resources for continuing education needs.
2000 – 2010	<p>School Counselor</p> <p>Fairfax County Public Schools</p> <ul style="list-style-type: none"> • Provided individual and group counseling to students. • Provided psychoeducational presentations to students and staff.

SKILLS

I pride myself on being a resource to players, staff, and family members by providing invariable mental health services including:

- | | |
|-----------------------------------------|-------------------------------------------------------------------------------------------|
| • Mindfulness Training | • Biofeedback |
| • Visualization and Imagery Training | • Performance Channel Information |
| • Communication Skills | • Team Building |
| • Mental Toughness Training | • Curriculum and Training Manual Development |
| • Goal-Setting | • Supervised Counselors for all 32 NFL Teams |
| • Organizational Skills/Time Management | • Consulted with other area specialists on topics including Sleep Hygiene and Mindfulness |
| • Self-Talk | |
| • Anxiety and Stress Management | |
-

PROGRAM DEVELOPMENT & MANAGEMENT

- Oklahoma City Thunder Player Development Program
- Oklahoma City Blue Player Development Program
- National Football League Rookie Symposium
- National Football League Rookie Success Program
- National Football League Professional Development Program
- National Football League/National College Athletic Association Life Skills Summit and Roundtable for Student Athletes
- National Football League Transition Coaches Training Program
- National Football League Player Engagement Program
- National Football League Total Wellness Program

PRESENTATIONS & SEMINARS

Domestic Violence/Sexual Harassment Educational Presentations - 2018

National Basketball Association Retired Player's Association - New York, NY | 2009 - 2011

- Provided counseling services to retired players and families

National Basketball Association Player's-Top 100 Camp - Charlottesville, VA | 2009, 2010

- Facilitated counseling groups for players and families

New York Giants - New York Giants - East Rutherford, NJ | 2009

- Performed mental skills presentations for players

Washington Redskins - Ashburn, VA | 2009

EDUCATION

Doctor of Philosophy (Ph.D.) - Counselor Education and Supervision

Virginia Polytechnic Institute and State University (Virginia Tech) - Blacksburg, VA | 2009

Master of Science (M.S.) - Counselor Education and Supervision

Radford University - Radford, VA | 1999

Bachelor of Arts (B.A.) - Psychology

University of Virginia - Charlottesville, VA | 1993

CERTIFICATION & RECOGNITION

- Certified Mental Performance Consultant, Portland, OR, May 2020
- Certified Applied Suicide Intervention Skills, New York, NY, February 2013
- Certified Mental Health First Aid, New York, NY, December 2012
- Certified Athlete Development Professional, Wharton Executive Education Program, Philadelphia, PA, May 2012
- Counselor Education Student of the Year – Radford University | 1999
- Honor graduate in masters program - Radford University 1999
- Honor graduate in doctoral program - Virginia Tech 2009

AFFILIATIONS

American Psychological Association (APA)
Delta Sigma Theta, Inc. Sorority
