



Natalie Graves

- *Licensed Clinical Social Worker*
- *Mental Health Therapist*
- *Substance Abuse Counselor*
- *Owner, Natalie Graves Athletic Counseling*

www.NatalieGraves.com



Natalie Graves Athletic Counseling
Start With the Mind

“My practice specializes in athletes’ and coaches’ mental health and wellness at all levels, helping this unique group maximize success both on and off the field. Both face challenges in life that differ from the norm, and the stigma surrounding mental health is often much more difficult for the athletic community.”

Natalie Graves, AM, LCSW, CADC Biography

Natalie Graves is a licensed clinical social worker and an expert in the area of mental health and wellness for athletes. Graves owns a private practice (Natalie Graves Athletic Counseling) specializing in this discipline. A proud native of Chicago native, Graves earned a Bachelor's degree in Sociology from Chicago State University and a Master's Degree from the University of Chicago School of Social Service Administration. As a visiting scholar at the University of Maryland, Graves embraced the opportunity to study abroad in London, England in the Sport, Commerce, and Culture in the Global Marketplace Program. Additionally, Graves completed an Addictions Studies Program at City Colleges of Chicago Kennedy-King College.

Through the course of her career, Natalie has worked with several social service agencies and Illinois school districts as a social worker. Her immense experience with youth, particularly athletes, led to the development of her practice Natalie Graves Athletic Counseling. As part of her private practice, she consults with schools, social service agencies, organizations and sports teams. Graves also created a one-of-a-kind sport social work clinical supervision group. Here, she meets with social work students and professionals to discuss sports-related social work cases and best practices. Natalie also works with athletes individually with issues that affect them on and off the field.

A member of the University of Michigan's Social Worker and Sports Association, Natalie is also the founder and president of the 1 in 4 PROJECT. This organization is comprised of mental health professionals focused on bringing awareness of mental health and wellness to the sport community. She currently serves as a guest lecturer at the University of Michigan School of Social Work.

In April 2018, the NBA invited Graves to present on the topic of mental wellness to the players entering the gaming league. She delivered pertinent information over three days at their rookie transition program focusing on mental health, self-care and goalsetting.



Natalie continues to be a resource and reputable expert to local and national media appearing on a host of television and radio programs. She speaks throughout the United States and abroad while periodically penning blogs and columns that fuel the conversation around athletics and mental health.

Natalie Graves is a Certified School Social Worker, Licensed Clinical Social Worker and Certified Alcohol and Drug Counselor.

Natalie Graves, AM, LCSW, CADC

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LICENSED CLINICAL SOCIAL WORKER

Mental Health Therapist/Substance Abuse Counselor/School Social Worker

Specializing in working with athletes

Professional Profile

Committed, passionate, solution-focused Social Worker specializing in working with athletes. Who is highly skilled with the dedication to provide exceptional care and effective treatment and counseling for children, adolescents and adults; using a variety of theoretical perspectives with an emphasis on Cognitive Behavioral Therapy and Motivational Interviewing. Keen assessment and clinical skills. Demonstrated track record of success working with diverse client populations in individual and group settings. Expert in building rapport and trust with clients while presenting information and challenging dysfunctional and non-effective thinking. The ability to manage different types of personalities and behaviors. Excellent crisis management skills as well as the capacity to diffuse stressful situations. Experienced supervisor and program director. Recognized for leadership, program development and communication abilities. Works well within a team as well as independently. Creates solid relationships with co-workers and administrators.

Core Competencies

Client Assessment/Evaluation	School/Agency Consultant	Client Advocate
Conference Speaker	Individual/Group Therapy	Crisis Intervention
Drug/Alcohol Abuse Treatment	Records Management	Program Creation
School Base Programing	Treatment Plan Implementation	Family Education
Treatment Analysis/Planning	Report Generation	Case Presentation

Education

Kennedy-King College, Chicago, Illinois/Addictions Study Program/ May 2013
University of Maryland/Study Aboard Program/London, England/July 2012
University of Chicago/Chicago, Illinois Masters of Art/June 2000
Chicago State University/Chicago, Illinois Bachelor of Arts Sociology/June 1998

License/Certifications

Certified School Social Worker Type 73 June 2006
Licensed Clinical Social Worker November 2012
DUI Service Provider April 2013
Certified Alcohol and Drug Counselor May 2014

Key Qualifications/Highlights of Professional Experience

- Perform individual, group, and family psychotherapy with athletes
- Perform individual and group drug counseling
- Gifted in client assessment and identifying client needs
- Handled intake for drug treatment and intervention programs
- Solid implementation of treatment plans
- Documented cases, generated case and progress notes, and provided treatment plans
- Prepared clinical reports
- Managed a high volume of caseloads
- Worked with neglect and abused children and adolescents that were Illinois wards of state
- Worked in supervisory and director's role
- Served as director in mentoring program
- Developed and facilitated programs including drug intervention for high school students
- Treated juveniles involved with court system
- Provided crisis intervention
- Guest lecture at the University of Michigan School of Social Work

Additional Work Experience

Natalie Graves Athletic Counseling	Private Practice	August 2013 – Present
Specialized Assistance Services (SASI)	Drug Counselor (intern)	December 2012 – May 2013
Illinois School Board	School Social Worker	August 2006 - June 2010
Big Brother Big Sister Metro	Program Director	March 2004 – August 2005
Chicago Children's Advocacy Center	Program Director	January 2002 – September 2003
Jane Addams Hull House	Case Manager Supervisor	June 2001 – January 2002

Presentations at Conferences

- June 2013** - Sport and Society International Conference in Chicago, IL
October 2013 - National Association of Social Worker IL. Chapter in Lombard, IL
October 2013 - Michigan Association of School Social Workers in Lansing, MI
November 2013 - Illinois Association of School Social Worker in Lisle, IL
January 2014- Student Athletes Human Rights Project Colloquium and Town Meeting in San Diego, CA
March 2014 – National School Social Work Conference in Chicago, IL
July 2014 - NASW National Conference in Washington, D.C.
September 2014 - National Association of Social Workers IN. Chapter in Indianapolis, IN
April 2015 – 1 in 4 PROJECT Social Work in Sports Conference Chicago, IL
October 2015 – Social Work in Sports 2015: Symposium Denver, CO
June 2017 -- Sport and Society International Conference in London, England
November 2018 – Bullying Prevention and Awareness Conference, Chicago State University, Chicago, IL

Media Appearances and Written Works



Natalie Graves has appeared on several radio and television programs, crafts blogs and articles and delivers presentations and lectures at conferences and trainings across the country. Listed below are links to a few of her media appearances and written works:

Television

[The U Sports Edition with Kenny Reynolds](#)

[HBO Sports Documentary: Student Athlete](#)

Blogs/Articles

[“13 Reasons Why” An Athlete Should See a Mental Health Sports Therapist](#)

[Kids Not Pros: My Response to LaBron James’ Son Being Recruited](#)

[How Runners Can Use Mindfulness to Gain an Edge](#)

Podcast

[Body Image and Black Women Athletes](#)

Book Natalie Graves for Interviews and Speaking Engagements!

Natalie Graves Athletic Counseling

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Twitter: natalie_graves1

Pinterest: Natalie Graves Athletic Counseling

Community Organization

The 1 in 4 PROJECT

www.1in4project.org

Twitter: 1n4project