



**Cali Werner**

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Zip Code: 77008  
Zip Postal: 77008-4488  
Language: English  
Populations Treated: Adults, Adolescents/Teens, Children  
Organization: Athlete Rising, LLC  
Treatment Options: Home Visits  
Disorders Treated & Specialty: Specific Phobias, Social Anxiety Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Anxiety  
Treatment Methods: Acceptance and Commitment Therapy (ACT), Medication Referral, Intensive Exposure Therapy Protocols, Exposure Therapy, Cognitive Behavioral Therapy (CBT)  
Payment Options: Accepts Credit Cards  
Website: <http://www.athleterising.org>  
City: Houston  
State/Province: Texas  
Country: United States  
Degree: LICSW  
Preferred Pronouns: she/her/hers  
Email: [cali@athleterising.org](mailto:cali@athleterising.org)  
Office Phone: 832-900-1282  
Telehealth: Texas  
Cell Phone: 17137028641  
Professional focus: Social Worker

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#### ABOUT

Cali is an athlete, advocate, and clinician in Houston. Cali's research focuses on competitive athletes with debilitating anxiety that negatively impacts their performance. As a Division I Athlete at Rice University, Cali won 9 conference championships and was named an honorable mention All-American in the 10k. Cali also competed in the U.S. Olympic Trials in 2020. Cali's own OCD diagnosis led her to a career path of providing evidence-based care. Cali hopes to help others with mental illness know that they are not alone, and that appropriate treatment is available to regain the joy that mental illness takes away.

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#### TREATMENT APPROACH

Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Exposure Therapy  
Intensive Exposure Therapy Protocols  
Medication Referral

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#### POPULATIONS TREATED

Adolescents/Teens  
Adults  
Children

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## DISORDERS AND SPECIALITIES

### Anxiety

Generalized Anxiety Disorder (GAD)

Obsessive Compulsive Disorder (OCD)

Social Anxiety Disorder

Specific Phobias

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## PAYMENT OPTIONS

Accepts Credit Cards



#### ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

*ADAA's Find Your Therapist Directory connects YOU with licensed mental health professionals/counselors, with clinical licenses and who have expertise in anxiety, depression, OCD, PTSD, and co-occurring disorders.*

*We are increasing the number of mental health professionals listed. We also list ADAA members who work for behavioral health clinics.*

*If you cannot find a therapist, contact your medical provider, your insurance company, or other lists of licensed mental health professionals.*

*Please note that US clinicians are not able to see clients outside of the US due to licensing restrictions.*

*Please note that clinicians in the directory who do not state that they participate in an insurance plan do not take insurance.*

Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.

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*For the ADAA mental health professionals, this directory also helps you connect with potential patients. To join the directory, contact [membership@adaa.org](mailto:membership@adaa.org).*

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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#### HELPFUL LINKS

**ADAA Website**  
<https://adaa.org/>

**Tips and Questions About How to Chose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Depression, MDD, PTSD, OCD and Suicide**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**For Therapists: Watch ADAA's Find Your Therapist Video**

<https://youtu.be/Eq3zOzbfGoU>