

CURRICULUM VITAE

Cali Werner, LCSW
E-mail: Cali@athleterising.org
Phone: (832)900-1282

Education

Baylor University, Houston, Texas May 2021 – Current

PhD Student

Research Focus: Mental Health in Competitive Sport; Post-Olympic Blues;
Superstition and OCD in Athletes

GPA: 3.92

Baylor University, Houston, Texas May 2019

Master of Social Work

Specialization: Clinical Social Work – Obsessive-Compulsive Disorder

GPA: 3.92

Rice University, Houston, Texas May 2017

Bachelor of Arts in Sports Management

GPA: 3.78

Research/Clinical Interest

Psychosocial behaviors of elite athletes, Anxiety Disorders, Obsessive Compulsive Disorder (OCD), and athletics, access to care, mental health stigma, implementation and access to evidence based mental health interventions, treatment disparities among minority populations

Employment

OCD Institute of Texas, Houston, Texas April 2024 – Current

Director of Referral Relations and Behavioral Therapist

- Develops collaborations and initiatives with mental health providers across the United States
- Engages in mental health presentations to train clinicians on evidence-based practice for OCD
- Leads marketing initiatives for the clinic
- Co-Host of [Anxiety Society Podcast](#)

Athlete Rising, LLC, Houston, Texas March 2022 – Current

Behavioral Therapist and Founder of Private Practice with primary caseload focus on competitive athletes with anxiety disorders

www.athleterising.org

- Facilitate home visits, virtual telehealth sessions, and in person sessions for children, adolescents and adults with OCD and related disorders

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- Engage in educational talks to coaches and athlete support staff at Texas colleges and schools focused on recognizing anxiety in athletes and providing appropriate resources for evidence-based care

Baylor School of Social Work, Houston, Texas

August 2021– May 2023

Graduate Student Fellowship

Supervisor: Danielle Parrish, Ph.D.

- Develop protocol materials to train providers on interventions for adolescent teen girls at risk of substance exposed pregnancy (SEP)
- Screen study participants for SEP study and provide intervention
- Compose and collaborate on manuscripts for student’s research area of interest: *mental health in athletes*

Adjunct Professor, Houston, Texas

Adjunct Professor at Baylor University and University of Saint Thomas

- University of Saint Thomas: Teaching Sport Psychology course to undergraduate students: sport psychology in practice (Summer semester, 2023)
- University of Saint Thomas: Teaching Abnormal Psychology course to undergraduate students: diagnostic criteria, treatment, theories (Spring semester, 2023)
- Baylor University: Teaching Evaluation of Practice in Social Work Master’s Program (Fall semester, 2022)

McLean OCD Institute // Houston, Houston, Texas

June 2019 – March 2022

Lead Family Therapist and Behavioral Therapist

Supervisors: Elizabeth McIngvale, Ph.D., Throstur Bjorgvinsson, Ph.D., Stacey Brittain, LCSW-S

- Facilitate outpatient treatment for children, teens, and adults as well as partial hospitalization (PHP) and residential treatment for adult patients with OCD or related disorders (e.g. Social Anxiety, Specific Phobia, Generalized Anxiety Disorder) and their families
- Develop treatment plan for all patients and instruct Residential Counselors on how to implement the interventions outlined for each patient
- Utilize evidence-based Exposure and Response Prevention (E/RP) and Cognitive Behavioral Therapy (CBT)
- Attend weekly supervision with Dr. Elizabeth McIngvale and Dr. Throstur Bjorgvinsson
- Lead weekly group therapy sessions on reducing family accommodations to develop independence
- Responsibilities: Obtained 478 outpatient hours as of May 11th, 2020
- Maintain caseload of 20+ individual patients per week
 - This includes weekly family therapy sessions with all residential and PHP patients
- Co-developed and lead sliding scale ERP Maintenance Group
- Participate in weekly multidisciplinary treatment team meetings
- Supervise Social Work Interns

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Outreach Coordinator

- Lead 3-hour CE psycho-educational workshops on OCD and its treatment at different clinics and schools
- Provide tours of our clinic
- Participate in marketing efforts for the program as well as attend networking events

Research Coordinator

- Facilitate poster submissions for IOCDF Annual Conference
- Construct ideas for manuscripts and assist to coordinate, create and facilitate submissions

Peace of Mind Foundation, Houston, Texas

June 2019 – October 2019

Administrative Coordinator, Advocacy

- Applied and received \$10,000 in grant funding for OCD advocacy and research
- Led online OCD support groups and in-person support groups, which met four times a month
- Provided mental health resources to individuals globally
- Led OCD 101 educational talks to school counselors and clinicians to inform them on evidence-based treatment for OCD
- Co-led and facilitated advocacy events

Baylor College of Medicine, Houston, Texas

June 2018 – June 2019

Research Coordinator & Clinical Intern

Supervisors: Eric Storch, Ph.D. and Elizabeth McIngvale, Ph.D.

- Measured OCD severity through validated empirical severity assessments
- Assisted with data entry
- Created and developed IRB submissions
- Engaged in research related to OCD, anxiety disorders and autism spectrum disorders (ASD)

Houston OCD Program, Houston, Texas

December 2016 – May 2018

Residential Counselor

- Implemented Behavioral Therapists' treatment plan to adolescent and adult patients through ERP guidance and support
- Educated patients on the benefits of CBT with ERP
- Facilitated morning mindfulness group therapy sessions
- Attended clinical rounds to discuss patient progress and treatment plans
- Implemented treatment plans and relapse prevention with patients

Houston Behavioral Healthcare Hospital, Houston, Texas

June 2017 – May 2018

Social Work Intern

Supervisors: Jason Komar, LMSW, LCDC, MBA and Alberto Cabrera, LMSW

- Facilitated group therapy sessions for client with primary diagnoses of Schizophrenia, Bipolar Disorder and other related mood disorders
- Taught and practiced emotion regulation skills with patients
- Provided direct patient care including intake and discharge planning

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- Completed clinical documentation (i.e. patient charting)

Crosspoint Church, Houston, TX

October 2015 – May 2016

Sunday School Teacher

- Developed a bible study lesson plan for children in first grade
- Led weekly activity for children focused on teaching them about the bible

Grants

Treatment of Anxiety in Autism

#1R01HD080096 8/1/18 – 1/1/2021, Treatment of Anxiety in Autism, National Institute of Child Health and Development; Role of **Independent Evaluator**

Peer-Reviewed Publications

Werner, C., Parrish, D., McIngvale, E. (2023) The Future of Mental Health in Sport: *CBT and Athletes. Sport Social Work Journal, 4*(1), 81-94.

Werner, C. (2023) A Place for Christianity in Evidence-Based Treatment of OCD. *Social Work and Christianity, 50*(3), 263-279.

Werner, C., Waite, L., Turner, K., Storch, E. A., Björgvinsson, T., McIngvale, E. (2021) The Pre-Performance Ritual: *A Recipe for Success or a Path to Burnout? Journal of Issues in Intercollegiate Athletics, 2333-1577.*

Katz, J. A., Rufino, K. A., **Werner, C.,** McIngvale, E., Storch, E. A. (2020) *OCD in Ethnic Minorities. Clinical and Experimental Psychology. Issue 1, 1-6.*

Sequeira, A., Alozie, A., Fasteau, M., Lopez, A. K., Sy, J., Turner, K. A., **Werner, C.,** Björgvinsson, T., & McIngvale, E. (2020). Transitioning to virtual programming amidst COVID-19 outbreak. *Counseling Psychology Quarterly.* DOI: [10.1080/09515070.2020.1777940](https://doi.org/10.1080/09515070.2020.1777940)

Werner, C., Hoepfl, C., Rufino, K. A., Storch, E. A., McIngvale, E. (2019). Changing the landscape of OCD education. *Journal of Mental Health Education. Issue 2, 1-19.*

Rufino, K. A., **Werner, C.,** & McIngvale, E. (2019). Demographics of OCD and Effective Treatment-Brief Report. *Biomedical Journal of Scientific & Technical Research, 22*(3), 16715-16717.

Lee, E. B., Hoepfl, C., **Werner, C.,** & McIngvale, E. (2019). A review of tech-based self-help treatment programs for Obsessive-Compulsive Disorder. *Journal of Obsessive-Compulsive and Related Disorders, 100473.*

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Under Review

Björgvinsson, T., Klein, **Werner, C.**, K. P., Sy, J. T., Smith, A., Brandt, C., McIngvale, E. (2023) A concentrated approach to treating OCD: *A pilot study examining the feasibility and effectiveness of the Bergen Four Day Treatment in the U.S.*: Submitted to the *Journal of Obsessive-Compulsive and Related Disorders*; Manuscript Number: JOCRD-D-23-00143

Peer Reviewed Book Reviews

Werner, C. (2021). [Review of the book *Where Two Worlds Touch: A spiritual journey through Alzheimer's disease*, by Angelica Boston]. *Journal of Religion, Spirituality & Aging*, 1–2. <https://doi.org/10.1080/15528030.2021.1958975>

Children's Books

Werner, C., (2021) *Anxious Annie* (F. Peralta, Illus.). Authorhouse Press. ISBN: 9781665523776

Posters

Smith, E., **Werner, C.**, Bailey, E., McIngvale, E., Rufino, K. (2024). *Intensive OCD Treatment Outcomes by Ethnicity*. Accepted to the 29th International OCD Foundation Conference

Smith, E., **Werner, C.**, Bailey, E., McIngvale, E., Rufino, K. (2024). *Treatment Outcomes Based on Symptom Onset*. Accepted to the 29th International OCD Foundation Conference

Landers, J., Avellaneda, F., Parrish, D., **Werner, C.**, Von Sternberg, K. (2022). *Preventing Substance-Exposed Pregnancy among Young Women Involved with the Juvenile Justice System*. Accepted to the Council of Social Work Education Conference, Atlanta, GA.

Werner, C., Lopez, A., Turner, K., Rufino, K., McIngvale, E. (2020). *Lies of Stigma and OCD Treatment*. Accepted to the 40th annual Anxiety and Depression Conference, San Antonio, TX.

Werner, C., Rufino, K., McIngvale, E. (2020). *Demographics of OCD and Effective Treatment*. Accepted to the 27th International OCD Foundation Virtual Conference

Overton, R., Gonzalez, R., **Werner, C.**, Lim, C., Cross, B., McIngvale, E., Hart, J. (2020). *Borderline Personality Disorder and Obsessive-Compulsive Disorder*. Accepted to the 27th International OCD Foundation Virtual Conference

Overton, R., **Werner, C.**, Rufino, K., McIngvale, E. (2020) *Self Help Versus Professional Help for OCD Treatment*. Accepted to the 27th International OCD Foundation Virtual Conference

Christian, C., **Werner, C.**, Rufino, K., McIngvale, E. (2019). *Religion and OCD Subtype: A Review*. Poster accepted to the 26th annual conference of the International OCD Foundation, Austin, TX.

Peer-Reviewed Presentations

Le, T.A., & **Werner, C.** (2024) Inclusive OCD Treatment for Diverse Populations, Virtual presentation for nonprofit organization: OCD Texas (20 attendees)

Werner, C. (2024) Perfectionistic or Ritualistic: *The Ins and Outs of OCD and Perfectionism in a Clinical Setting*. Invited speaker at the National Association of Therapeutic Schools and Programs, Rocky Mountain Regional Conference, Boise, Idaho

Jeffrey, K., Cortes, L., **Werner, C.**, and Manier, G. (2023) Clearing the Air: *Eating Disorders and OCD*. 28th International OCD Foundation Annual Conference, San Francisco, CA

Werner, C., and O'Dunne, K. (2023) Fairytale Endings: *Where the Happy Couple Can Exist Amidst OCD*. 28th International OCD Foundation Annual Conference, San Francisco, CA

Estes, J., Bell, J., Smalley, T. and **Werner, C.** (2023) Accountability: *The Missing Ingredient to Navigating Life and OCD*. 28th International OCD Foundation Annual Conference, San Francisco, CA

Werner, C., and Bailey, E. (2023) *Obsessive Compulsive Disorder and Perfectionism in Athletes*, Anxiety and Depression Association of America Annual Conference, Washington DC

Werner, C., Bailey, E., McIngvale, E., and Trondsen, C. (2022) Do We Need to Accept our Worst Fears as Truth to Experience Freedom? International OCD Foundation Virtual Conference (100 attendees)

Werner, C., King, D., Smalley, T., and Stewart, E. (2022) The Freedom Battle: *OCD and Sport* 27th International OCD Foundation Annual Conference, Denver, CO

Werner, C., Daily, M., and Howell, D., K. C. (2022) “If I Could Do it, You Can, Too!” 27th International OCD Foundation Annual Conference, Denver, CO

Henry, B., **Werner, C.,** Smith, A., and Daniel, J. (2022) “I Think My Decision Maker is Broken.” *When OCD makes it difficult to discern values-based decisions from compulsions.* 27th International OCD Foundation Annual Conference, Denver, CO

DeSalvatore, E., **Werner, C.,** Robbins, C. (2021) Treatment of OCD and BDD in Athletes: Tips for Athletes, Their Parents, and Their Therapists. International OCD Foundation Virtual Conference (79 attendees)

Werner, C., Waite, L., DiLossi, J., Stewart, E. (2019) OCD and Athletes: *A Look into Athletes, OCD, Eating Disorders and Orthorexia,* 26th International OCD Foundation Annual Conference, Houston, TX (80 attendees)

Werner, C., McIngvale, E., Smalley, T., Hirsch, C. (2021) *A Look inside the Athlete’s Mind: OCD and Sport,* Accepted to the International OCD Foundation Annual Conference, New York City, NY

Marzke, C., **Werner, C.,** Park, J., Ellerkamp, H. (2021) *Personal and Professional Views on Differentiating Harm OCD From Self-Harm and Suicidal Ideation,* Accepted to the International OCD Foundation Annual Conference, New York City, NY

Advocacy and Media

Trondsen, T., and **Werner, C.** (2022) Ask The Experts Live Q&A; Invited guest co-host for virtual platform open to public. *International OCD Foundation.* 2023, August 2. (365 views) <https://www.youtube.com/watch?v=z87pEpgc20>

Werner, C. (2023) OCD 101 Training for Sport Psychologists; Invited guest interviewee for GameOn App mental health and sport psychologist professionals.

Werner, C. (2022) How to Recognize the Signs and Symptoms of OCD; Invited guest interviewee on Channel 2 KPRC live local news for OCD Awareness Week. 2022 October 12. <https://www.click2houston.com/news/local/2022/10/12/how-to-recognize-the-signs-and-symptoms-of-ocd/>

McIngvale, E. and **Werner, C.** (2022) Ask The Experts Live Q&A; Invited guest co-host for virtual platform open to public. *International OCD Foundation.* 2022 September 8. (307 views) <https://www.youtube.com/watch?v=LESPHn6QJbM>

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McIngvale, E. and **Werner, C.** (2022) Ask The Experts Live Q&A; Invited guest co-host for virtual platform open to public. *International OCD Foundation*. 2022 August 31. (401 views) <https://www.youtube.com/watch?v=l8CpSA1QMv4&feature=youtu.be>

Duncan, D. and **Werner, C.** (2022), *Anxious Annie* read by Deborah Duncan and written by Cali Werner on KHOU's Channel 11 Turn the Page Campaign; campaign dedicated to getting books into Houston schools for students. Live online event also featured on Roku and FireTV apps. 2022 April 18. (2,800 views) <https://www.khou.com/video/news/education/deborah-duncan-reads-anxious-annie-by-cali-werner/285-efeb62fd-fd62-47d9-a819-f2f2d6903092>

O' Dunne, K., Boaz, S., and **Werner, C.** (2021) Web-series: Story time with Q&A: *Anxious Annie* written by Cali Werner, virtual story reading to children with Q&A for parents of children with OCD. Town Hall with the International OCD Foundation.

Smalley, T., and **Werner, C.** (2021) Web-series: Anxiety in Athletes: *Superstitions versus Compulsions*, Livestream discussion on superstitions and OCD within sport. Town Hall with the International OCD Foundation.

Smalley, T., Stewart, E., **Werner, C.**, O' Dunne, K. (2021) Web-series: *Anxiety in Athletes: Clinical and Personal Perspectives*, Livestream discussion on clinical and personal perspectives on athletes, OCD, anxiety and burnout. Town Hall with the International OCD Foundation.

Werner, C. (2020) Presentation: OCD in the Life of an Athlete: Cali Werner, LMSW, OCD Texas Virtual Conference - Live through OCD Texas Facebook page and Zoom invite. 2020 October 9. (43 views)

Werner, C., Westerbeck, Z., Rondinelli, M., Fishback, M. (2020) Webinar: The Impact of Covid-19 on Young Adults, The Peace of Mind Foundation, Houston, TX (994 views)

Werner, C., (2020) *Olympic Trials: Cali Werner, LMSW*, Interview sharing personal experiences struggling with OCD as an athlete and the benefits of evidence-based treatment, The Peace of Mind Foundation, Houston, TX (397 views)

Werner, C., (2020) *An Athlete's Drive: OCD and Sport* – blog post written for the Anxiety and Depression Association of America website (ADAA) <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/athletes-drive-ocd-and-sport>

Werner C., & Simmons, B. (2020) Athletes and OCD: Live online interview on competitive athletes, performance, and inhibitory anxiety, The Houston OCD Program, Houston, TX (576 views)

Werner, C., (2019) School presentation to students: Adolescents seeking help for anxiety and depression, Danbury ISD, Danbury, TX (410 attendees)

Werner, C., (2019) Presentation to University of Houston Division I collegiate athletes, *Performance Enhancing or Inhibiting? Presentation on anxiety and depression in collegiate athletes* University of Houston, Houston, TX (25 attendees)

Werner, C., Westerbeck, Z, Smalley, T., (2019) *It's Okay to Not be Okay*, Webinar on young adults navigating through life's greatest challenges with OCD and how to manage symptoms, The Peace of Mind Foundation, Houston TX (2,519 views)

Hart, J., & **Werner, C.,** (2019) Co-facilitator, Adult OCD Support Group during National OCD Week, The Peace of Mind Foundation, Houston, TX (15 attendees)

Werner, C., (2019 – 2021) Co-facilitator, Reoccurring GOAL Group webinar for adults with OCD, The Peace of Mind Foundation, Houston, TX (10 – 20 weekly attendees)

Invited Podcast Episodes:

Werner, C. (2023) Podcast Interviewee. “Season 2, Episode 10 – Cali Werner” *What’s the Mood Podcast*. 2023 April 12. <https://audioboom.com/posts/8279612-what-s-the-mood-cali-werner>

Werner, C. (2023) Podcast Interviewee. “Episode 9: Conversation with Cali Werner” *The Athletes Community Podcast*. 2023 January 12. https://open.spotify.com/episode/0K6FTwNt6hAHN5aQDX79TX?si=8j3pCqSzRwCL4PiaFP1_sw&nd=1

Werner, C. (2022) Podcast Interviewee. “Episode 154: It’s a Party Out There: Cali Werner” *Unit3d: Conversations for Student Athletes*. 2022 September 6. <https://podcasts.apple.com/us/podcast/its-a-party-out-there-cali-werner/id1505114669?i=1000578493795>

Werner, C. (2021) Podcast Interviewee. “Episode 17: Cali Werner” *The Examined Athlete*. <https://podcasts.apple.com/us/podcast/ep-17-cali-werner/id1567925192?i=1000539052721>

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Werner, C. (2021) Podcast Interviewee. “Episode 49: Cali Werner – Family and Behavioral Therapist”. *Why is Everyone Yelling*. 2021 September 7.
<https://sandyboyproductions.com/2021/09/07/episode-49-cali-werner-family-and-behavioral-therapist/>

Werner, C. (2021) Podcast Interviewee. “Episode 226: Helping Kids with Sports and Anxiety”. *AT Parenting Survival Podcast: Parenting, Child Anxiety, Child OCD, Kids & Family*. 2021 September 7.
<https://www.anxioustoddlers.com/sports-anxiety/#.YaZ5cvHMLPY>

Werner, C. (2020) Podcast Interviewee. “Episode 05: The effects of OCD on Athletes”. *In Progress: A Health and Fitness Journey*. 2020 August 3.
<https://soundcloud.com/alexander-ramos-743877266/05-mindset-the-affects-of-ocd-on-athletes>

Werner, C. (2020) Podcast Interviewee. “Episode 10: Let’s Run with Cali Werner”. *The Running Grind*. A journey of OCD and qualifying for the Olympic Trials. 2020 April 7.
https://www.listennotes.com/podcasts/the-running-grind/010-lets-run-with-cali-werner-Qra6Lxmb_3N/

Educational Talks

Werner, C., (2023) *Supporting the Mental Health of Student Athletes*, Invited guest interviewee for online live webinar through McLean Hospital (140 virtual attendees).
<https://www.mcleanhospital.org/video/supporting-mental-health-student-athletes>

Werner, C., (2022) OCD vs. Perfectionism: *the differences and similarities and how to lend support*, Invited guest lecture for parent speaker series at Fusion Academy, Sugarland, Texas

Werner, C., (2022) Ritual in Sport: OCD in Athletes Alliance of Social Workers (ASWIS) in Sports, Invited guest for educational workshop with 1 hour CE credit, Virtual talk through ASWIS

McIngvale, E., **Werner, C.,** Nota, J. (2021) Lunch & Learn with Liz: Self-Care, Invited guest for educational live stream for OCD sufferers and clinicians on self-care practices, Virtual talk through the International OCD Foundation (IOCDF)

Werner, C., (2021) Learn at Lunch CE Credit: Anxiety in Athletes, Invited educational talk for clinicians and the general population, Virtual talk with OCD Texas

Werner, C., (2021) Contamination OCD: *Obsessions, Compulsions, & Treatments*, Informational interview for *Choosing Therapy* webpage
<https://www.choosingtherapy.com/contamination-ocd/>

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Werner, C., (2021) Excoriation (Skin-Picking Disorder): *Signs, Symptoms, & Treatments*, Informational interview for *Choosing Therapy* webpage
<https://www.choosingtherapy.com/excoriation/>

Werner, C., (2021) CRC Educational Series: *ERP Coaching Consultation*, Invited guest consult for McLean Hospital residential counselors, McLean Hospital, Belmont, MA

Werner, C., (2021) Keynote Speaker: An Athlete's Drive: *When Perfection is not Enough*, Invited guest virtual lecture for San Jacinto College Central Psychology Mental Health Fair, San Jacinto College, Houston, TX (42 attendees)

Werner, C., (2021) *OCD Education: Symptoms and Treatment*, Invited guest virtual lecture for undergraduates in Abnormal Psychology, University of Saint Thomas, Houston, TX (28 attendees)

Werner, C., (2021) *Anxiety in the Classroom*, Invited guest lecture for school counselors, Pasadena ISD, Houston, TX (27 attendees; 3 CE Credits)

Werner, C., (2020) *OCD 101*, Invited guest virtual lecture for nursing students, Sam Houston State University, Huntsville, TX (100 attendees)

Werner, C., (2020) *OCD and Related Anxiety Disorders*, Invited guest virtual lecture for undergraduates in Abnormal Psychology, University of Saint Thomas, Houston, TX (35 attendees)

Werner, C., (2020) *OCD and Related Anxiety Disorders*, Invited guest virtual lecture for undergraduates in General Psychology, University of Saint Thomas, Houston, TX (30 attendees)

Werner, C., (2020) *OCD Education: Symptoms and Treatment*, Invited guest virtual lecture for undergraduates in General Psychology, University of Saint Thomas, Houston, TX (30 attendees)

Werner, C., (2019) *Building your ERP Toolbox*, Training on Cognitive-Behavioral Therapy (CBT) with Exposure and Response Prevention (ERP) for professionals treating OCD and related anxiety disorders, Hope and Healing Center and Institute, Houston, TX (26 attendees)

Werner, C., (2019) *OCD 101 Training*, For professionals on treating OCD using Cognitive-Behavioral Therapy (CBT) with Exposure and Response Prevention (ERP), DaVita, Houston, TX (50 attendees; 3 CE Credits)

Werner, C., (2019) *OCD 101 Training*, for school counselors recognizing symptoms of OCD and anxiety in the classroom, Sheldon ISD, Houston, TX (22 attendees; 3 CE Credits)

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Research Experience

Baylor University, Houston, Texas August 2021 – Current

- Doctoral Research Fellowship under Dr. Danielle Parrish

McLean OCD Institute // Houston, Houston, Texas March 2017 – Current

- Developed an internal research team for the International OCD Foundation 27th annual conference
- Initiated poster submissions (total of 4 posters submitted and accepted)
- Founded and lead a research initiative for Division I collegiate athletes and anxiety inhibiting behaviors in sport that includes 200 athlete participant responses
 - Publication accepted into the Journal of Issues in Intercollegiate Athletics

Baylor College of Medicine, Houston, Texas

- Collected and analyzed data and collaborated on a multidisciplinary research team for OCD, Autism and minority populations that could not afford access to care
- Contributed to manuscripts on topics that included *Adult OCD: Effects of Exposure and Response Prevention on Adult OCD, Division I Collegiate Athletes and Performance Inhibiting Behaviors, Treatment of Anxiety in Autism*

Honors and Awards

2023 Fastest Houstonian: Awarded fastest local female elite runner in the Houston marathon, Houston, TX

2020 Competed in 2020 Olympic Trials, Atlanta, GA

2019 – Marathon U.S. Olympic Trials qualifier and participant: Qualified for the Olympic Trials in 2019 by obtaining a qualifying time of 2:43:05 in the Houston Marathon

2019 – Fastest Houstonian: Awarded fastest local female elite runner in the Houston marathon, Houston, TX

2018 – Dunn Scholar for Mental Health, Baylor University Diana R. Garland School of Social Work, Houston, TX

2018 – Golden Key International Honor Society Invitation, Baylor University Diana R. Garland School of Social Work, Houston, TX

2017 – Joyce Pounds Hardy Award: Most prestigious collegiate athlete award given to the most outstanding female varsity athlete in athletic and scholastic achievement, Rice University, Houston, TX

2017 – NCAA Postgraduate Scholarship: Received \$7,500 for continuing education due to athletic and academic excellence

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2017 – Hero of the Year Finalist: Awarded to college students trying to make a difference in the world, Houston, TX

2016 – Rice International Ambassador in Spain scholarship, Rice University, Houston, TX

Volunteer

BTTI Training

2018 – Residential Counselor and Volunteer

Volunteered at training event and took participants on a tour of the Houston OCD Program

Mammoth Lakes Altitude Project

2018 – 2022 Director of summer sports camp for collegiate distance runners training at altitude. Create and lead a daily bible study for collegiate athletes, coach athletes on endurance, strength, and mental health in sport through formal presentations and one on one mentor time

Rice Athletics Leadership Program

2014 – Division I Track Athlete

Program that nominates two student athletes with leadership characteristics by providing education to maximize leadership traits

Advocate; Pleasant Hill Leadership Institute:

2013 – Volunteer High School Student Mentor

Developed and aided students in a fundraising activity; organized and funded \$1,000 for a field trip to a Rice Women’s Basketball game for the students as a reward for their fundraising efforts and success

Memberships and Service

Active – ASWIS; Alliance of Social Workers in Sports

Active – ADAA; Anxiety and Depression Association of America

Active – IOCDF; International OCD Foundation

Active – IOCDF; OCD in Sport Specialization Group

Active – OCD Texas

References

Danielle Parrish, Ph.D.

Director of Baylor Impact Lab, Professor

Baylor University

Danielle_Parrish@baylor.edu

Elizabeth McIngvale, Ph.D., LCSW

Director

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McLean OCD Institute // Houston
EMcingvale@houstonocd.org

Throstur Bjorgvinsson, Ph.D., ABPP
Director, Behavioral Health Partial Program, McLean Hospital
Co-Director, Psychology Training, McLean Hospital/Harvard Medical School
TBjorgvinsson@houstonocd.org

Lennie Waite, Ph.D. OLY
Waite Performance Strategies, LLC
Sports Psychologist, Olympic Athlete
University of Saint Thomas
Waitee@stthom.edu

Tom Stallings, M. Ed.
Professor in the Practice
Rice University
TStallings@rice.edu

Additional references available upon request.