

Kelli O'Rourke Wall, LMFT

Licensed Marriage & Family Therapist | Faith-Informed Counseling | Speaker on Healing and Wholeness
Napa, California | (707) 266-6309 | hello@kelliowallmft.com | kelliowallmft.com

About Kelli

Kelli O'Rourke Wall is a licensed marriage and family therapist based in Napa, California. Her work centers on helping people who feel stuck—emotionally, spiritually, or relationally—find their way back to peace.

After facing infertility and the anxiety that followed, Kelli experienced first-hand how therapy and faith can restore hope. That journey shaped her belief that real healing happens when we combine psychological skill with spiritual truth.

Kelli draws on TEAM-CBT, DBT, and trauma-informed care to teach clients how to calm their bodies, manage their thoughts, and rebuild confidence. Her clients describe her as calm, insightful, and practical—someone who tells the truth but always with empathy.

How She Helps

Individual Therapy – Anxiety, depression, burnout, and faith-related struggles
Teen Therapy – Confidence, emotional regulation, and family communication
Christian Counseling – Faith-integrated therapy for those who want God at the center of their healing

Kelli also works with couples and families to strengthen communication and re-establish healthy boundaries. Her sessions focus on real-life application, not clinical jargon.

Professional Focus

- Anxiety and panic recovery
- Infertility and grief
- Shame and self-worth

- Codependency and boundary setting
- Nervous system regulation and Brainspotting

Conversations She's a Fit For

- How faith and therapy can coexist
- Calming your body's stress response
- What anxiety teaches us about control and surrender
- Setting boundaries without guilt
- Living authentically after loss

Credentials

- Licensed Marriage & Family Therapist – CA LMFT #114085
- M.A. in Marriage & Family Therapy
- Certified Clinical Trauma Professional (CCTP)
- TEAM-CBT Level 2 | Gottman Level 1 | Brainspotting Phase 2
- Mindfulness Educator through Mindful Schools

Contact

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