

September 2023

# Ling Beisecker, MS, LCMHC, E-RYT

Matthew Gfeller Center | Center for the Study of Retired Athletes  
The University of North Carolina at Chapel Hill  
lbeisecker@unc.edu

## EDUCATION

---

<b>Doctor of Philosophy in Human Movement Science (PhD)</b>	<b>Expected 2025</b>
The University of North Carolina at Chapel Hill   Chapel Hill, NC	
• <b>Advisor:</b> J.D. DeFreese, PhD	
<b>Master of Science in Mental Health Counseling (MS)</b>	<b>2014-2016</b>
Philadelphia College of Osteopathic Medicine   Philadelphia, PA	
<b>Bachelor of Science in Kinesiology &amp; Health Science and Psychology, <i>summa cum laude</i> (BS)</b>	<b>2009-2013</b>
The College of William and Mary   Williamsburg, VA	

## RESEARCH EXPERIENCE

---

<b>Graduate Research Assistant   PI: J.D. DeFreese, PhD</b>	<b>2021-present</b>
The University of North Carolina at Chapel Hill   Chapel Hill, NC	
Department of Exercise and Sport Science	
Matthew Gfeller Center   Center for the Study of Retired Athletes	
<b>Research Assistant   PI: Joanna Schug, PhD</b>	<b>2011-2014</b>
The College of William and Mary   Williamsburg, VA	
Department of Psychology	
Social and Cross-Cultural Psychology Lab	
<b>Research Assistant   PI: Megan Sinton, PhD</b>	<b>2011-2012</b>
The College of William and Mary   Williamsburg, VA	
Department of Psychology	
Health Psychology and Human Development Lab	

## TEACHING EXPERIENCE

---

<b>Instructor of Record</b>	<b>2022-present</b>
Department of Exercise and Sport Science   The University of North Carolina at Chapel Hill   Chapel Hill, NC	
Sport and Exercise Psychology (EXSS 181)	
Lifetime Fitness: Beginning Jogging (LFIT 106-401)	
Lifetime Fitness: Walking (LFIT 112-401)	
Lifetime Fitness: Weight Training (LFIT 113-401)	
<b>Guest Lecturer</b>	
Department of Physical Therapy Education   Elon University   Elon, NC	<b>2023</b>
Research Design III (DPT 6223)   Instructor of Record: Srikant Vallabhajosula, PhD, FACSM	
Department of Kinesiology   The University of North Carolina at Greensboro   Greensboro, NC	<b>2023</b>
Introduction to Kinesiology (KINE 250)   Instructor of Record: DeAnne Davis Brooks, EdD	
Department of Exercise and Sport Science   The University of North Carolina at Chapel Hill   Chapel Hill, NC	<b>2021</b>
Sport and Exercise Psychology (EXSS 181)   Instructor of Record: J.D. DeFreese, PhD	
<b>Graduate Teaching Assistant</b>	
Interdisciplinary Studies   The University of North Carolina at Chapel Hill   Chapel Hill, NC	<b>2022-present</b>
The Art and Science of Expertise (EXSS 125)   Instructors of Record: Erianne Weight, PhD, Jeff Greene, PhD, and Anson Dorrance	
Department of Exercise and Sport Science   The University of North Carolina at Chapel Hill   Chapel Hill, NC	<b>2021</b>
Sport and Exercise Psychology (EXSS 181)   Instructor of Record: J.D. DeFreese, PhD	
<b>Undergraduate Teaching Assistant</b>	<b>2013</b>
Department of Kinesiology and Health Sciences   The College of William and Mary   Williamsburg, VA	
Dissection Human Anatomy Lab (KINE 314)   Instructor of Record: Raymond McCoy, PhD	

PUBLICATIONS

---

1. Erin Reifsteck, J.D. DeFreese, DeAnne Brooks, Yeongjun Seo, **Ling Beisecker**, Neel Rao, & Avinash Chandran. (2023). Call it an "Evolution": A review of current research and recommendations for promoting athlete mental health and well-being through the transition out of competitive sport. *Journal of Athletic Training*, DOI: [10.4085/1062-6050-0548.22](https://doi.org/10.4085/1062-6050-0548.22)
2. Christine E. Callahan, **Ling Beisecker**, Shilo Zeller, & Kyla Z. Donnelly (2023) LoveYourBrain mindset: Feasibility, acceptability, usability, and effectiveness of an online yoga, mindfulness, and psychoeducation intervention for people with traumatic brain injury, *Brain Injury*, 37 (5), DOI: [10.1080/02699052.2023.2168062](https://doi.org/10.1080/02699052.2023.2168062)

PRESENTATIONS AND SYMPOSIUMS

---

1. **Ling Beisecker** (Lead Presenter), *Innovation and the aging athlete: From current play surveillance to interventions for lifespan psychosocial health*, APA Conference 2023, Washington, D.C., August 3-5, 2023.
2. **Ling Beisecker** (Symposium Organizer, Lead Presenter), *Collegiate student-athlete health and well-being during transition from sport*, NASPSPA Conference 2023, Toronto, Canada, June 1-3 2023.
3. **Ling Beisecker** (Lead Presenter), *Yoga for the desk warrior*, NASPSPA Graduate Student Workshops 2023, Virtual, March 8th, 2023.
4. Adrian Boltz, Neel Rao, A. Bretzin, **Ling Beisecker**, C. Collins, S. Broglio, & Avinash Chandran, *Sleep/affective symptoms and symptom resolution time following sport-related concussion in National Collegiate Athletic Association Sports: 2014/15-2018/19*, NATA Conference 2023, Denver, Colorado, May 31-June 3, 2023.
5. **Ling Beisecker** (Co-Presenter) and Courtney Rorex, *Representation matters: Importance of hiring people of color in fitness and wellness*, NIRSA Ideas in Motion, Virtual Roundtable, January 2021.
6. **Ling Beisecker** (Lead Presenter), *Soul Mission: An exploration of the mind and body*, Southeastern Collegiate Fitness Exposition, Wilmington, NC, February 2014

ABSTRACTS

---

1. **Ling Beisecker**, Transition planning, athletic identity, and mental health among female former high school athletes, APA Conference 2023 (August 3-5, 2023, Washington, D.C.).
2. **Ling Beisecker**, Marzia Josephson, Avinash Chandran, & J.D. DeFreese. Mental health, pre-transition planning, and facilitators/barriers to mental healthcare among collegiate student-athletes during transition from sport, NASPSPA 2023 (June 1-3, 2023, Toronto, Canada), *Journal of Sport and Exercise Psychology*, 45(1).
3. J.D. DeFreese, **Ling Beisecker**, Marzia Josephson, & Avinash Chandran, Psychosocial and physical functioning of currently and prospectively transitioning collegiate athletes. NASPSPA 2022 (June 1-3, 2023, Toronto, Canada) *Journal of Sport and Exercise Psychology*, 44(1).
4. Christine E. Callahan, **Ling Beisecker**, Shelly Zeller, Johna K. Register-Mihalik, & Kyla Donnelly, LoveYourBrain Mindset: Effectiveness of an Online Yoga, Mindfulness, and Psychoeducation Intervention among People with Mild Traumatic Brain Injury. International Consensus Conference on Concussion in Sport (Oct 27-29, 2022, Amsterdam, Netherlands).
5. **Ling Beisecker**, Christine E. Callahan, Johna K. Register-Mihalik, & J.D. DeFreese, Willingness to Use Telehealth among Female-Identified Participants: A Pilot Study, APA Division 47 2022 (August 6-8, 2022, Minneapolis, MI).
6. J. D. DeFreese, **Ling Beisecker**, Avinash Chandran, & Shelby Baez, Athlete Identity, Burnout and Psychological Health in Self-Identified Athletes during COVID-19, APA Division 47 2022 (August 6-8, 2022, Minneapolis, MI).
7. **Ling Beisecker**, Madison C. Chandler, Nikki Barczak-Scarboro, Emily Kroshus, Johna Register-Mihalik, & J.D. DeFreese, Associations between burnout, perceived sport stress, and intrinsic motivation among female-identified collegiate club sport athletes: A pilot study, NASPSPA Conference (May 26-28, 2022, Waikoloa, HI), *Journal of Sport and Exercise Psychology*, 44(1).
8. Christine E. Callahan, J.D. DeFreese, Peter Duquette, **Ling Beisecker**, & Johna K. Register-Mihalik, Associations Among Concussion History, Mental Health History, Mental Health Perceptions, and Psychotherapy Readiness, NATA 2022 (June 28-July 1, 2022, Philadelphia, PA)
9. Christine E. Callahan, J.D. DeFreese, Peter Duquette, **Ling Beisecker**, & Johna K. Register-Mihalik, Associations among seeking mental health treatment post-concussion, mental health perceptions, and psychotherapy readiness in those with a concussion history, ACSM 2022 (May 31-June 4, 2022, San Diego, CA)
10. **Ling Beisecker**, Trauma-Sensitive Yoga: An adjunctive treatment to traditional talk therapy, *PCAC 2016* (November 11-13, 2016, State College, PA)

September 2023

FUNDED GRANTS

---

- PAUSE-YOGA (2023, \$3,000) | ACCxCRIA Innovation Grant - Principal Investigator

FUNDED FELLOWSHIPS AND SCHOLARSHIPS

---

- Diversity Travel Award (2022, \$500) | The Society for Sport, Exercise, and Performance Psychology, APA Division 47
- Travel Grant (2022, \$400) | Graduate and Professional Student Government, The University of North Carolina at Chapel Hill
- Inclusive Excellence Top-Up Fellowship (2021, \$5,000) | The Graduate School, The University of North Carolina at Chapel Hill
- SAHPD Student Leadership in Diversity, Inclusion, and Equity Award (2021, \$1,000) | Southern Association for Allied Health Deans
- Board of Trustees Student Excellence Scholarship (2014, \$2,000) | Philadelphia College of Osteopathic Medicine
- Kinesiology & Health Science Majors Academic Scholarship (2013, \$2,000) | The College of William and Mary, Kinesiology Department
- Greyson Daughtrey Kinesiology Academic Scholarship (2012, \$2,000) | The College of William and Mary, Kinesiology Department

SELECT AWARDS AND HONORS

---

- Top 10 UNC Scholar-Athlete Faculty Mentor Award - UNC Athletics (2023) | The University of North Carolina at Chapel Hill
- Faculty Appreciation Award - UNC Volleyball (2022) | The University of North Carolina at Chapel Hill
- Faculty Appreciation Award - UNC Soccer (2022) | The University of North Carolina at Chapel Hill
- Advocacy, Leadership, and Service Award (2016) | Philadelphia College of Osteopathic Medicine
- Campus Recreation Employee of the Year (2014) | The College of William and Mary
- Benjamin Stoddert Ewell Award for Outstanding Leadership (2014) | The College of William and Mary
- Phi Beta Kappa (2013) | The College of William and Mary
- Dean's List (2009-2013) | The College of William and Mary
- Board of Visitors Student Advisor (2013) | The College of William and Mary
- Omicron Delta Kappa (2013) | The College of William and Mary
- Psi Chi (2013) | The College of William and Mary
- Mortar Board (2013) | The College of William and Mary
- Women's Leadership Award (2011) | The College of William and Mary

CERTIFICATIONS AND LICENSURE

---

- Licensed Clinical Mental Health Counselor (LCMHC)
- Experienced-Registered Yoga Teacher (E-RYT 500)
- Yoga Alliance Continuing Education Provider (YACEP)
- JRI Trained Trauma-Sensitive Yoga Teacher
- YogaWorks Trained Yoga Teacher
- ACE Personal Trainer & Group Fitness Instructor
- NASM/AFAA G.E.A.R. Indoor Cycling Instructor
- TRX Qualified Instructor
- Pilates Mat Level 1 Certified Instructor
- American Red Cross CPR/AED Instructor
- Mental Health First Aid

MENTORSHIP

---

The University of North Carolina at Chapel Hill | Chapel Hill, NC

2021-present

- **Graduate Mentees:** N=2, NAME REDACTED DUE TO FERPA, PLEASE INQUIRE
- **Undergraduate Mentees:** N=14, NAME REDACTED DUE TO FERPA, PLEASE INQUIRE

RELEVANT PROFESSIONAL EXPERIENCE

---

**Licensed Clinical Mental Health Counselor (LCMHC) and Experienced Registered Yoga Teacher (E-RYT)**

Feb 2018-present

Summit Wellness, PLLC | Private Practice | Chapel Hill, NC

**Assistant Director, Fitness and Wellness**

Oct 2018 - June 2020

Boston College Campus Recreation | Boston, MA

September 2023

#### VOLUNTEER AND SERVICE EXPERIENCE

---

- **Graduate Student Representative**, EXSS-DEI Committee | UNC-CH **2022-present**
- **Graduate Student Representative**, HMSC Culture Change Committee | UNC-CH **2022-present**
- **Journal Reviewer**
  - *Journal of Clinical Sport Psychology* **2022-present**
  - *Research Quarterly for Sport and Exercise* **2022-present**
- **Founder + President**, HMSC Social Activism Service Organization | UNC-CH **2021-present**
- **Co-Lead Student Ambassador**, NASPSPA Conference **2023**
- **Co-Chair**, Human Movement Science and Biomechanics Research Symposium (HMSC Day) | UNC-CH **2021-2023**
- **Senator**, Graduate and Professional Student Government (GPSG) | UNC-CH **2022-2023**
- **Peer Mentor**, Graduate and Professional Student Government (GPSG) | UNC-CH **2022-2023**
- **Conference Volunteer**, North American Society for the Psychology of Sport and Physical Activity (NASPSPA) **2022**
- **Founder + Lead Trainer**, 200hr Social Justice Informed and BIPOC Yoga Alliance Yoga Teacher Training **2018-2021**
- **Lead Wellness Instructor**, Small Moments, Big Impact Initiative - Berry Zuckerman, MD & Jillian Orr Daglilar, Ed.M. **2019**
- **Runner**, Back on My Feet in Philadelphia **2015-2017**
- **Tour Guide, Ambassador, Photographer, and Sports Medicine Volunteer** | William and Mary **2011-2014**
- **Youth Program Developer**, James House | Cape Town, South Africa **2010**
- **Equestrian Vaulting Instructor**, South African Riding for the Disabled | Cape Town, South Africa **2010**

#### ADDITIONAL SKILLS & INFORMATION

---

- **Technical Skills:** Innosoft Fusion Recreation Management Software, Canvas Learning Management Platform, Sakai Learning Management Platform, Google Suite, Microsoft Suite, Facial Action Coding, R, SPSS, PsychoPy, and Mechanical Turk
- **Athletic Awards:** Commended Gold Medal with the American Vaulting Association (2010), Seven-Time High School State Cross Country and Track & Field Champion (2005-2009)
- **Interesting Facts:** Former Elite Athlete for the Chinese National Federation (Equestrian Vaulting), Shoe Designer for German Based IWA Gymnastics