

Aug 2022

# 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

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<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

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

## TEACHING EXPERIENCE

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<b>Instructor of Record</b>
Sport and Exercise Psychology (EXSS 181)   Fall 2022 (student size: 40), Spring 2022 (student size: 38)
Department of Exercise and Sport Science   The University of North Carolina at Chapel Hill   Chapel Hill, NC
Lifetime Fitness: Beginning Jogging (LFIT 106-401)   Summer 2022 (student size = 10)
Department of Exercise and Sport Science   The University of North Carolina at Chapel Hill   Chapel Hill, NC
Lifetime Fitness: Walking (LFIT 112-401)   Summer 2022 (student size = 22)
Department of Exercise and Sport Science   The University of North Carolina at Chapel Hill   Chapel Hill, NC
<b>Graduate Teaching Assistant</b>   Fall 2021
Sport and Exercise Psychology (EXSS 181-001; EXSS 181-002)   Fall 2021 (student size ( <i>respectively</i> ): 50, 100)
Department of Exercise and Sport Science   The University of North Carolina at Chapel Hill   Chapel Hill, NC
<b>Undergraduate Teaching Assistant</b>   Fall 2013
Dissection Human Anatomy Lab (KINE 314)   Fall 2013 (student size: 20)
Department of Kinesiology and Health Sciences   The College of William and Mary   Williamsburg, VA

## PUBLICATIONS

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1. **Ling Beisecker**, Patrick Harrison, Marz Jospheson, Rachel Flatt, & J.D. DeFreese (*in progress*), Determinants of depression, anxiety, and stress among female-identifying student-athletes: A systematic review and meta-analysis.
2. Christine E. Callahan, **Ling Beisecker**, Shilo Zeller, & Kyla Pearce (*in review - Brain Injury*), LoveYourBrain Mindset: Feasibility, Acceptability, Usability, and Effectiveness of an Online Yoga, Mindfulness, and Psychoeducation Intervention for People with Traumatic Brain Injury.

Aug 2022

## PRESENTATIONS

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1. **Representation Matters: Importance of hiring people of color in fitness and wellness**, NIRSA Ideas in Motion, Virtual Roundtable, January 2021
2. **Trauma-Sensitive Yoga: An adjunctive treatment to traditional talk therapy**, Pennsylvania Counseling Association Conference, Penn State University, State College PA, October 2016
3. **Soul Mission: An exploration of the mind and body**, Southeastern Collegiate Fitness Exposition, University of North Carolina at Wilmington, Wilmington, NC, February 2014

## ABSTRACTS

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1. Christine E. Callahan, **Ling Beisecker**, Shilo Zellerb, Johna K. Register-Mihalik, & Kyla Z. 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).
2. **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)
3. 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)
4. **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 2022 (May 26-28, 2022) *Journal of Sport and Exercise Psychology*, 44(1).
5. 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)
6. Christine E. Callahan, J.D. DeFreese, Peter Duquette, **Ling Beisecker**, & Johna K. Register-Mihalik, FACSM, Associations among seeking mental health treatment post-concussion, mental health perceptions, and psychotherapy readiness in those with a concussion history, ACSM (May 31-June 4, 2022, San Diego, CA)

## FELLOWSHIPS AND SCHOLARSHIPS

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- 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

## AWARDS AND HONORS

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- Advocacy, Leadership, and Service Award (2016)<sup>^</sup>
  - Campus Recreation Employee of the Year (2014)\*
  - Benjamin Stoddert Ewell Award for Outstanding Leadership (2014)\*
  - Phi Beta Kappa (2013)\*
  - Dean's List (2009-2013)\*
  - Board of Visitors Student Advisor (2013)\*
  - Omicron Delta Kappa (2013)\*
  - Psi Chi (2013)\*
  - Mortar Board (2013)\*
  - Women's Leadership Award (2011)\*
- \* The College of William and Mary  
<sup>^</sup>Philadelphia College of Osteopathic Medicine

## CERTIFICATIONS AND LICENSURE

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- 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
- 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

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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

Aug 2022

RELEVANT PROFESSIONAL EXPERIENCE

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**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

VOLUNTEER AND SERVICE EXPERIENCE

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- **Founder + President**, HMSC Social Activism Service Organization | UNC-CH 2022-present
- **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
- **Co-Chair**, Human Movement Science and Biomechanics Research Symposium (HMSC Day) | UNC-CH 2021-2022
- **Founder + Volunteer 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 Dagle, 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 | Capetown, South Africa 2010
- **Equestrian Vaulting Instructor**, South African Riding for the Disabled | Capetown, South Africa 2010

ADDITIONAL SKILLS & INFORMATION

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- **Technical Skills:** Innosoft Fusion Recreation Management Software, Canvas 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