

Ling Beisecker, M.S., LCMHC, E-RYT

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Personal Statement

As an interdisciplinary researcher and educator, I specialize in the intersection of mental health, physical activity, and gender-related health disparities. My research focuses on the critical transition into college, with emphasis on longitudinal data collection and exercise interventions that promote mental health among women and underserved populations. With extensive experience conducting systematic reviews and meta-analyses, my work enhances the field's understanding of physical activity's impact on mental health. As an educator, I create inclusive, student-centered learning environments that prioritize collaboration and mentorship.

Education

Ph.D. Human Movement Science Expected May 2025

The University of North Carolina at Chapel Hill (UNC-CH)

- **Dissertation:** Physical Activity and Mental Health Among Women Transitioning to College
- **Advisor:** J.D. DeFreese Ph.D.

M.S. Mental Health Counseling 2016

Philadelphia College of Osteopathic Medicine (PCOM)

B.S. Kinesiology & Health Science and Psychology, *summa cum laude* 2013

The College of William and Mary (W&M)

Teaching Experience

Instructor of Record

Department of Exercise and Sport Science, UNC-CH

- **Sport and Exercise Psychology** (Spring 2022 – Fall 2024; 6 consecutive semesters) – Class Size: 35-45
- **Lifetime Fitness** – Class Size: 10-30
 - Weightlifting (Summer 2023)
 - Walking (Summer 2022)
 - Beginning Jogging (Summer 2022)

Graduate Teaching Assistant

Department of Interdisciplinary Studies, UNC-CH

- **The Art and Science of Expertise** (Spring 2022, Spring 2023) – Class Size: 300
 - Instructors of Record: Erienne Weight, Ph.D., Jeffery Greene, Ph.D., & Anson Dorrance

Department of Exercise and Sport Science, UNC-CH

- **Sport and Exercise Psychology** (Fall 2021, two sections) – Class Size: 50-100
 - Instructor of Record: J.D. DeFreese, Ph.D.

Guest Lecturer

Department of Exercise and Sport Science, UNC-CH

- **Sociocultural Aspects of Sport and Exercise** (Fall 2024) – Class Size: 30
 - Instructor of Record: Angela Pratt, Ph.D.
- **Sport and Exercise Psychology** (Spring 2022 – Fall 2024) – Class Size: 50-100
 - Instructor of Record: J.D. DeFreese, Ph.D.

Department of Physical Therapy Education, Elon University

- **Research Design III** (Fall 2023) – Class Size: 30
 - Instructor of Record: Srikant Vallabhajosula, Ph.D.

Department of Kinesiology, UNC-Greensboro

- **Introduction to Kinesiology** (Fall 2023) – Class Size: 20
 - Instructor of Record: DeAnne Davis Brooks, Ed.D.

Research Experience

2021-Present **Graduate Research Assistant**, UNC-CH, Advisor: J.D. DeFreese, Ph.D.

2011-2014 **Undergraduate Research Assistant**, W&M, Advisor: Joanna Schug, Ph.D.

Select Professional Experience

2018-present **Licensed Clinical Mental Health Counselor**, Summit Wellness, PLLC

2018-2020 **Assistant Director, Fitness and Wellness**, Boston College Campus Recreation

2015-2017 **Counseling Associate**, Therapy Center of Philadelphia

Awards

2024 UNC-CH Tanner Award for Excellence in Undergraduate Teaching – GTA (\$5,000)

2024 UNC-CH 3MT Thesis Finalist

2023 UNC-CH Top 10 Scholar-Athlete Faculty Mentor Award

2022 UNC-CH Faculty Appreciation Award (Volleyball, Soccer)

2021 SAHPD Student Leadership in Diversity, Inclusion, and Equity Award (\$1,000)

2016 PCOM Advocacy, Leadership, and Service Award

2014 PCOM Student Excellence Scholarship (\$2,000)

2014 W&M Campus Recreation Employee of the Year

2011 W&M Women's Leadership Award

Fellowships

2024 UNC-CH Summer Research Fellowship (\$7,000)

2021 UNC-CH Inclusive Excellence Top-Up Fellowship (\$5,000)

Scholarships and Travel Awards

2022 American Psychology Association Diversity Travel Award (\$500)

2022 UNC-CH Travel Grant (\$400)

2014 PCOM Student Excellence Scholarship (\$2,000)

2013 W&M Kinesiology & Health Science Majors Academic Scholarship (\$2,000)

2012 W&M Greyson Daughtrey Kinesiology Academic Scholarship (\$2,000)

Publications

1. **Beisecker, L.**, Harrison, P., Josephson, M., & DeFreese, J.D. (2024). Depression, anxiety, and stress among female student-athletes: A systematic review and meta-analysis. *British Journal of Sports Medicine*. DOI: 10.1136/bjsports-2023-107328
2. Reifsteck, E., DeFreese, J.D., Brooks, D., Seo, Y.J., **Beisecker, L.**, Rao, N., & Chandran, A. (2023). 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
3. Callahan, C.E., **Beisecker, L.**, Zeller, S., & Donnelly, K.Z. (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

Manuscript in Review

1. **Beisecker, L.**, Thomas, E.G., DeFreese, J.D. (2024) PAUSE-Yoga: An 8-week mindfulness-based yoga exercise intervention for women’s sport student-athletes. *Journal of Sport and Exercise Psychology*.
2. **Beisecker, L.**, Chandler, M. C., Harrison, P., Baez, S., Chandran, A., Brinkman, C., Aitcheson-Huehn, N., & DeFreese, J. D. (2024). Athletic identity and mental health among self-identified athletes during the COVID-19 pandemic. *PLOS Mental Health*.
3. **Beisecker, L.**, Callahan, C. E., Harrison, P., Duquette, P., Register-Mihalik, J. K., & DeFreese, J. D. (2024). Understanding mental health treatment-seeking behavior after concussion: The role of stigma, barriers to care, and readiness for psychotherapy. *The Clinical Neuropsychologist*.

Manuscripts in Preparation

1. **Beisecker, L.**, Harrison, P., Josephson, M., Thomas, E.G., & DeFreese, J.D. The impact of physical activity on depression, anxiety, and stress among college women: A systematic review and meta-analysis. *British Journal of Sports Medicine*.

Funded Grants

- 2024 **Principal Investigator:** NASPSPA Graduate Student Research Grant, “Physical Activity and Mental Health Among Women Transitioning into College” (\$2,000)
- 2023 **Principal Investigator:** ACC x CRIA Innovation Grant, “PAUSE-YOGA” (\$3,000)
- 2022 **Graduate Research Assistant:** ACC x CRIA Innovation Grant, “Transition Experiences of ACC Student-Athletes” (\$7,500)

Grants in Review

- 2024 **Principal Investigator:** ACC x CRIA Innovation Grant, “The Right Fit: Understanding Mental Health and Performance Providers Roles for Student-Athletes” (\$2,900)
- 2024 **Graduate Research Assistant:** ACC x CRIA Innovation Grant, “Developing a Precision Medicine, Transition Intervention for Former Women’s Sport Collegiate Athletes” (\$7,500)

Unfunded Grants

- 2023 **Principal Investigator:** NIMH – R36, “Physical Activity and Mental Illness Among Women of Color” (\$50,000)
- 2023 **Principal Investigator:** NCAA, “Purposeful Authentic Unifying Student-Athlete Experiences (PAUSE): Identifying the needs of and piloting an intervention for women’s sport athletes transitioning into college and collegiate sport” (\$7,500)
- 2023 **Principal Investigator:** NASPSPA, “Supporting Collegiate Athletes’ Transition into College and Collegiate Sport” (\$2,000)
- 2023 **Principal Investigator:** AASP, “An 8-Week Yoga Exercise Program to Mitigate Depression, Anxiety, and Stress Among Women of Color: A Pilot Study Exploring Program Feasibility, Preliminary Efficacy, and Participant Perceptions” (\$7,500)
- 2022 **Principal Investigator:** NCAA, “Supporting collegiate athletes transition from sport: An exploration of factors associated with anxiety, depression, and stress in student-athletes as they prepare for life after college.” (\$7,500)
- 2022 **Principal Investigator:** AASP, “An 8-week yoga exercise program to mitigate mental health issues and ease transition into college for women of color: A feasibility and preliminary efficacy pilot study” (\$7,500)
- 2021 **Principal Investigator:** NCAA, “Supporting collegiate athletes transition from sport: An exploration of factors associated with anxiety in student-athletes as they prepare for life after college.” (\$7,500)

Conference Presentations and Symposiums

1. **Beisecker, L.**, Thomas, E.G., & DeFreese, J.D. *PAUSE-Yoga: An 8-week mindfulness-based yoga intervention for women’s sport student-athletes*. NASPSPA Conference, New Orleans, LA, June 5-8, 2024.
2. **Beisecker, L.**, Chandran, A., Visek, A., & DeFreese, J.D. *Innovation and the aging athlete: From current play surveillance to interventions for lifespan psychosocial health*. APA Conference, Washington, DC, August 3-5, 2023.
3. **Beisecker, L.**, Josephson, M., Chandran, A., & DeFreese, J.D. *Collegiate student-athlete health and well-being during transition from sport*. NASPSPA Conference, Toronto, Canada, June 1-3, 2023.
4. Seo, Y., Reifsteck, E., DeFreese, J.D., Brooks, D.D., **Beisecker, L.**, Rao, N., & Chandran, A. *Overview of current research, frameworks, and directions for promoting student-athlete health and well-being during the transition from collegiate sport*. NASPSPA Conference, Toronto, Canada, June 1-3, 2023.
5. **Beisecker, L.** *Yoga for the desk warrior*. NASPSPA Graduate Student Workshops. Virtual, March 2023.
6. Boltz, A., Rao, N., Bretzin, A., **Beisecker, L.**, Collins, C., Broglio, S., & Chandran, A. *Sleep/affective symptoms and symptom resolution time following sport-related concussion in National Collegiate Athletic Association Sports: 2014/15-2018/19*. NATA Conference, Denver, Colorado, May 31-June 3, 2023.
7. **Beisecker, L.**, & Rorex, C. *Representation matters: Importance of hiring people of color in fitness and wellness*. NIRSA Ideas in Motion. Virtual Roundtable, January 2021.
8. **Beisecker, L.** *Soul mission: An exploration of the mind and body*. Southeastern Collegiate Fitness Exposition, Wilmington, NC, February 22-23, 2014.

Abstracts – Poster Presentations

1. **Beisecker, L.**, Thomas, E.G., & DeFreese, J.D. *Identity and mental health among women's sport student-athletes enrolled in PAUSE-Yoga*. APA Conference, Seattle, WA, August 8-10, 2024.
2. **Beisecker, L.**, Chandran, A., & DeFreese, J.D. *Transition planning, athletic identity, and mental health among female former high school athletes*. APA Conference, Washington, DC, August 3-5, 2023.
3. **Beisecker, L.**, Josephson, M., Chandran, A., & DeFreese, J.D. *Mental health, pre-transition planning, and facilitators/barriers to mental healthcare among collegiate student-athletes during transition from sport*. NASPSPA Conference, Toronto, Canada, June 1-3, 2023.
4. DeFreese, J.D., **Beisecker, L.**, Josephson, M., Boltz, A., Paul, P., & Chandran, A. *Collegiate athlete health and well-being profiles, transition markers, and life satisfaction*. NASPSPA Conference, Toronto, Canada, June 1-3, 2023.
5. DeFreese, J.D., **Beisecker, L.**, Josephson, M., & Chandran, A. *Psychosocial and physical functioning of currently and prospectively transitioning collegiate athletes*. NASPSPA Conference, Toronto, Canada, June 1-3, 2023.
6. Callahan, C.E., **Beisecker, L.**, Zeller, S., Register-Mihalik, J.K., & Donnelly, K. *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, Amsterdam, Netherlands, Oct 27-29, 2022.
7. **Beisecker, L.**, Callahan, C.E., Register-Mihalik, J.K., & DeFreese, J.D. *Willingness to Use Telehealth among Female-Identified Participants: A Pilot Study*. APA Conference, Minneapolis, MI, Aug 4-6, 2022.
8. DeFreese, J.D., **Beisecker, L.**, Chandran, A., & Baez, S. *Athlete Identity, Burnout and Psychological Health in Self-Identified Athletes during COVID-19*. APA Conference, Minneapolis, MI, Aug 4-6, 2022.
9. **Beisecker, L.**, Chandler, M.C., Barczak-Scarboro, N., Kroshus, E., Register-Mihalik, J.K., & DeFreese, J.D. *Associations between burnout, perceived sport stress, and intrinsic motivation among female-identified collegiate club sport athletes: A pilot study*. NASPSPA Conference, Waikoloa, HI, May 26-28, 2022.
10. Callahan, C.E., DeFreese, J.D., Duquette, P., **Beisecker, L.**, & Register-Mihalik, J.K. *Associations Among Concussion History, Mental Health History, Mental Health Perceptions, and Psychotherapy Readiness*. NATA Conference, Philadelphia, PA, June 28-July 1, 2022.
11. Callahan, C.E., DeFreese, J.D., Duquette, P., **Beisecker, L.**, & Register-Mihalik, J.K. *Associations among seeking mental health treatment post-concussion, mental health perceptions, and psychotherapy readiness in those with a concussion history*. ACSM Conference, San Diego, CA, May 31-June 4, 2022.
12. **Beisecker, L.** *Trauma-Sensitive Yoga: An adjunctive treatment to traditional talk therapy*. Pennsylvania Counseling Association Conference, State College, PA, Nov 11-13, 2016.

Ad-Hoc Journal Reviewer

2023-Present *Research Quarterly for Sport and Exercise*

2022-Present *Journal of Clinical Sport Psychology*

Certifications and Licensure

2022 American Red Cross CPR/AED Instructor
2022 Mental Health First Aid
2020 TRX Qualified Instructor
2020 300hr Certified Yoga Teacher
2019 Pilates Mat Level 1 Certified Instructor
2018 Licensed Clinical Mental Health Counselor
2018 Yoga Alliance Continuing Education Provider (YACEP)
2018 200hr YogaWorks Trained Yoga Teacher
2016 JRI Trained Trauma-Sensitive Yoga Teacher
2013 200hr Certified Yoga Teacher

Volunteer and Service Experience

2022-Present **Graduate Student Representative**, HMSC Community and Professional Development Committee, UNC-CH
2023-2024 **Graduate Student Representative**, EXSS DEI Committee, UNC-CH
2023 **Co-Lead Student Ambassador**, NASPSPA Conference
2022-2023 **Senator**, Graduate and Professional Student Government (GPSG), UNC-CH
2022-2023 **Peer Mentor**, Graduate and Professional Student Government (GPSG), UNC-CH
2021-2023 **Co-Chair**, Human Movement Science and Biomechanics Research Symposium (HMSC Day), UNC-CH
2022 **Conference Volunteer**, North American Society for the Psychology of Sport and Physical Activity (NASPSPA)
2019 **Lead Wellness Instructor**, Small Moments, Big Impact Initiative - Berry Zuckerman, MD & Jillian Orr Daglilar, Ed.M.
2018-2021 **Founder + Lead Trainer**, 200hr Social Justice Informed and BIPOC Yoga Alliance Yoga Teacher Training
2015-2017 **Runner**, Back on My Feet in Philadelphia