



Ling Beisecker, MS, LCMHC, E-RYT

Matthew Gfeller Center | Center for the Study of Retired Athletes
The University of North Carolina at Chapel Hill
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EDUCATION

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| Ph.D. Human Movement Science | Expected 2025 |
| The University of North Carolina at Chapel Hill (UNC-CH) | |
| M.S. Mental Health Counseling | 2016 |
| Philadelphia College of Osteopathic Medicine (PCOM) | |
| B.S. Kinesiology & Health Science and Psychology | 2013 |
| The College of William and Mary (W&M) | |

AWARDS AND SCHOLARSHIPS

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| 2024 | UNC-CH Summer Research Fellowship (\$7,000) |
| 2024 | Tanner Award for Excellence in Undergraduate Teaching – GTA (\$5,000) |
| 2023 | UNC-CH Top 10 Scholar-Athlete Faculty Mentor Award |
| 2022 | American Psychology Association Diversity Travel Award (\$500) |
| 2022 | UNC-CH Travel Grant (\$400) |
| 2021 | UNC-CH Inclusive Excellence Top-Up Fellowship (\$5,000) |
| 2021 | SAHPD Student Leadership in Diversity, Inclusion, and Equity Award (\$1,000) |
| 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. **Ling Beisecker**, Patrick Harrison, Marzia Josephson, & J.D. DeFreese (2024). Depression, anxiety, and stress among female student-athletes: A systematic review and meta-analysis. *British Journal of Sport Medicine*, DOI: [10.1136/bjsports-2023-107328](https://doi.org/10.1136/bjsports-2023-107328)
2. Erin Reifsteck, J.D. DeFreese, DeAnne Brooks, YJ 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)
3. 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)

FUNDED GRANTS

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

SELECT PRESENTATIONS AND SYMPOSIUMS

1. **Ling Beisecker**, Emily Grace Thomas, J.D. DeFreese. *PAUSE-Yoga: An 8-week mindfulness-based yoga intervention for women's sport student-athletes*. NASPSPA Conference 2024
2. **Ling Beisecker**. *Innovation and the aging athlete: From current play surveillance to interventions for lifespan psychosocial health*. APA Conference 2023
3. **Ling Beisecker**. *Collegiate student-athlete health and well-being during transition from sport*. NASPSPA Conference 2023
4. **Ling Beisecker**. *Yoga for the desk warrior*, NASPSPA Student Workshops. Virtual 2023
5. **Ling Beisecker** and Courtney Rorex. *Representation matters: Importance of hiring people of color in fitness and wellness*, NIRSA Ideas in Motion. Virtual Roundtable 2021

SELECT ABSTRACTS

1. **Ling Beisecker**, Emily Grace Thomas, J.D. DeFreese. Identity and mental health among women's sport student-athletes enrolled in PAUSE-Yoga. APA Conference 2024
2. **Ling Beisecker**. Transition planning, athletic identity, and mental health among female former high school athletes. APA Conference 2023
3. **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 Conference 2023
4. **Ling Beisecker**, Christine E. Callahan, Johna K. Register-Mihalik, & J.D. DeFreese. Willingness to Use Telehealth among Female-Identified Participants: A Pilot Study. APA Conference 2022
5. **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 2022
6. **Ling Beisecker**. Trauma-Sensitive Yoga: An adjunctive treatment to traditional talk therapy. Pennsylvania Counseling Association Conference 2016

RESEARCH EXPERIENCE

2021-present **Graduate Research Assistant**, UNC-CH, Advisor: J.D. DeFreese, PhD
2011-2014 **Undergraduate Research Assistant**, W&M, Advisor: Joanna Schug, PhD

TEACHING EXPERIENCE

Instructor of Record, UNC-CH

Sport and Exercise Psychology (Spring 2022, Fall 2022, Spring 2023, Fall 2023, Spring 2024)
Lifetime Fitness (Summer 2023, Summer 2022)

Graduate Teaching Assistant, UNC-CH

The Art and Science of Expertise (Spring 2023, Spring 2024)
Sport and Exercise Psychology (Fall 2021)

SELECT PROFESSIONAL EXPERIENCE

2018-present **Licensed Clinical Mental Health Counselor**, Summit Wellness, PLLC
2018-2020 **Assistant Director, Fitness and Wellness**, Boston College Campus Recreation

SELECT VOLUNTEER AND SERVICE EXPERIENCE

- 2022-present **Graduate Student Representative**, Exercise and Sport Science DEI Committee
- 2022-present **Graduate Student Representative**, Human Movement Science DEI Committee
- 2022-2023 **Co-Lead Student Ambassador**, NASPSPA Conference
- 2022-2023 **Senator**, UNC-CH Graduate and Professional Student Government
- 2022-2023 **Peer Mentor**, UNC-CH Graduate and Professional Student Government
- 2021-2023 **Co-Chair**, Human Movement Science Research Symposium