

Ling Beisecker, LCMHC, E-RYT

Matthew Gfeller Sport Related Traumatic Brain Injury Research Center
Center for the Study of Retired Athletes
University of North Carolina at Chapel Hill
2207 Stallings-Evans Sports Medicine Complex
Chapel Hill, NC 27599
919.962.0409 (Gfeller Center)
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EDUCATION

- University of North Carolina at Chapel Hill | Chapel Hill, NC** **Expected 2025**
Doctor of Philosophy in Human Movement Science
- **Advisor:** J.D. DeFreese, PhD
 - **Award:** Inclusive Excellence Top-Up Fellowship (2021)
- Philadelphia College of Osteopathic Medicine | Philadelphia, PA** **2014-2016**
Master of Science in Mental Health Counseling, GPA 3.96
- **Honor & Award:** Advocacy, Leadership, and Service Award (2016)
 - **Academic Scholarship:** Board of Trustees Student Excellence Scholarship (2014)
- The College of William and Mary | Williamsburg, VA** **2009-2013**
Bachelor of Science in Kinesiology & Health Science and Psychology (double major), *summa cum laude*, GPA 3.89
- **Honors & Awards:** Phi Beta Kappa, Dean's List (2009-2013), Board of Visitors Student Advisor (2013), Omicron Delta Kappa, Psi Chi, Mortar Board, Benjamin Stoddert Ewell Award for Outstanding Leadership (2014), and Campus Recreation Employee of the Year (2014)
 - **Academic Scholarships:** Kinesiology & Health Science Majors Academic Scholarship (2013), Greyson Daughtrey Kinesiology Academic Scholarship (2012), Women's Leadership Award (2011)

RESEARCH EXPERIENCE

- Research Assistant | University of North Carolina at Chapel Hill | Chapel Hill, NC** **2021-present**
Matthew Gfeller Sport Related Traumatic Brain Injury Research Center
Center for the Study of Retired Athletes
- Research Assistant | The College of William and Mary | Williamsburg, VA** **2011-2014**
Department of Psychology, Social and Cross-Cultural Psychology Lab
PI: Joanna Schug, PhD
- Research Assistant | The College of William and Mary | Williamsburg, VA** **2011-2012**
Department of Psychology, Health Psychology and Human Development Lab
PI: Megan Sinton, PhD

TEACHING EXPERIENCE

- Teaching Assistant | The University of North Carolina at Chapel Hill | Chapel Hill, NC** **2021-present**
Department of Exercise and Sport Science, Sport and Exercise Psychology (EXSS 181)
Professor: J.D. DeFreese, PhD
- Teaching Assistant | The College of William and Mary | Williamsburg, VA** **Fall 2013**
Department of Kinesiology and Health Sciences, Dissection Human Anatomy Lab (KINE 314)
Professor: Raymond McCoy, PhD

PRESENTATIONS

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

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
- ACE Personal Trainer
- ACE 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

RELEVANT PROFESSIONAL EXPERIENCE

- Summit Wellness, PLLC | Chapel Hill, NC** **Feb 2018 – Present**
Licensed Clinical Mental Health Counselor (LCMHC) and Experienced-Registered Yoga Teacher (E-RYT)
- Boston College | Boston, MA** **Oct 2018 - June 2020**
Assistant Director, Fitness and Wellness, Campus Recreation (formerly Fitness Coordinator)
- Down Under School of Yoga | Brookline, MA** **July 2017 - Feb 2018**
Faculty Director
- Therapy Center of Philadelphia | Philadelphia, PA** **Jun 2015 – Jun 2017**
Counseling Associate (formerly Counseling Intern)

ADDITIONAL SKILLS & INFORMATION

- **Technical Skills:** Innosoft Fusion Recreation Management Software, Canvas Learning Management Platform, Google Suite, Microsoft Suite, Facial Action Coding, SPSS, PsychoPy, and Mechanical Turk
- **Volunteer Experience:**
 - 2x Lead Trainer for free 200hr Social Justice Informed and BIPOC Yoga Teacher Training (2018-2021)
 - The Small Moments, Big Impact Initiative led by Berry Zuckerman, MD and Jillian Orr Dagiilar, Ed.M. (2019)
 - Back on My Feet in Philadelphia (2015-2017)
 - Tour Guide, Tribe Ambassador, Photographer, and Sports Medicine Volunteer at William and Mary (2011-2014)
 - Youth Program Developer at James House in South Africa (2010)
 - Equestrian Vaulting Instructor for South African Riding for the Disabled (2010)
- **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