



Robert A. Swoap, Ph.D.

**Professor of Psychology and Expressive Arts Therapy
Warren Wilson College
Asheville, North Carolina**

Bob Swoap is the professor of Psychology and Expressive Arts Therapy at Warren Wilson College, where he teaches and conducts research in clinical and health psychology. Swoap has investigated the relationship between stress, hostility, and heart health; the impact of Instant Recess exercise on children and college students in the classroom; the effects of mindfulness-based practices in first responders and college students; and the impact of ketamine-assisted group psychotherapy. In addition to his academic duties, Swoap is a licensed clinical psychologist who works with medical populations in health care settings. Swoap utilizes evidence-based interventions with patients experiencing chronic pain, chronic illness, anxiety, depression, and other forms of psychological distress. He conducts sport psychology interventions with athletes, teams, and coaches. He also works with the Center for Conscious Living & Dying—a community that embodies living a meaningful life through exploration, growth, service, and community-supported end-of-life care. Swoap completed his psychology undergraduate work and post-doctoral fellowship in behavioral medicine at Duke University and earned his doctorate in clinical and health psychology from the University of Florida. Swoap enjoys hiking, dancing, cold-plunging, and general merry-making.