



Robert A. Swoap, Ph.D.

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Bob Swoap is professor of Psychology and Expressive Arts Therapy in Asheville, North Carolina, 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 students in the classroom; the effects of mindfulness-based practices in first responders and students; and the impact of ketamine-assisted group psychotherapy. In addition to his academic duties, Dr. Swoap is a licensed clinical psychologist who works with medical populations in health care settings. He utilizes evidence-based interventions with patients experiencing chronic pain and illness, anxiety, depression and other forms of psychological distress. He conducts sport psychology interventions with athletes and teams. 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. Dr. Swoap did his psychology undergraduate work and a post-doctoral fellowship in behavioral medicine at Duke University, and he completed his doctorate in clinical and health psychology at the University of Florida.