



Robert A. Swoap, Ph.D.

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

Robert A. Swoap, Ph.D., is a professor of psychology and expressive arts therapy at Warren Wilson College and a health psychologist with over 30 years of experience in sports and performance psychology. He has served as a consultant to Olympic-level, professional, and collegiate athletes and has presented widely on resilience, motivation, and mental performance across health, education, and corporate sectors. Dr. Swoap completed his Ph.D. in clinical and health psychology at the University of Florida and a postdoc in behavioral medicine at Duke University Medical Center. A longtime contributor to the Art & Science of Health Promotion Conference, his work blends applied neuroscience, mindfulness, and high-performance strategies to support whole-person well-being. His teaching and consulting emphasize actionable, brain-based approaches to fostering sustainable behavior change, meaningful connections, and resilience in diverse populations.