

WHITNEY SWANN |

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Counselor Educator
Clinical Supervisor
Psychotherapist
Certified Case Manager

Catalyzing strategies to leverage my clinical expertise to create world-class integrated care systems that dismantle mental health stigma, deliver culturally responsive care, and empower the whole person, promoting healthier families and communities.

EDUCATION

Doctor of Philosophy, North Carolina State University
Educational Leadership, Policy, & Human Development - Counseling & Counselor Education

Master of Arts, Wake Forest University
Clinical Mental Health Counseling

Bachelor of Arts, The University of North Carolina at Chapel Hill
Sociology, Minor in Creative Writing

RESEARCH INTERESTS & EXPERIENCE

Research Interests: *My broad research interests include integrating neuro-informed approaches with wellness counseling, with specific emphasis on how intersectionality and contextual factors influence behavioral and psychological outcomes. More specifically, my research interests include:*

Wellness & Prevention	Coping Processes	Neuro-Informed Counseling
Innovation in Counselor Education	Multicultural Counseling	Racial Disparities in MH Treatment
Professional Competency	Gatekeeping	Career Development and Counseling

McLaughlin, W. (2020). The effects of customized psychoeducation-based neurocounseling interventions on the coping flexibility of African American women with multiple sclerosis [Unpublished dissertation]. Under the direction of Stanley Baker.

Impact and Achievements:

- Top 6 finalist for the NBCC's Dissertation Excellence Award
- Invited to be a presenter with NBCC's Innovations in Counseling webinar series
- Received Outstanding Dissertation Award from the NCSU College of Education

McLaughlin, W. (2018). *The neuropsychophysiological impact of stress and its influence on coping behaviors: An examination of the stress process and health behavior change* (Preliminary written and oral examination). North Carolina State University, Raleigh, NC.

McLaughlin, W. (2017). *A thematic analysis of the perceptions and experiences of self-care among African American women with multiple sclerosis: An exploratory study* (Unpublished thesis, North Carolina State University). Under the direction of Dr. Angela Wiseman.

SELECTED PUBLICATIONS

Published (Peer-Reviewed)

Branco, S., Karges, S., **Swann, W. G.**, & O'Leary, E. (2022). Moving towards anti-racist curriculum: Student and

counselor educator advocacy. *Journal of Technology in Counselor Education and Supervision*, 2(12), 46-49.
<https://doi.org/10.22371/tces/0028>

***McLaughlin, W. G.** (2021, October). Natural hair is good hair: The CROWN Act and ending hair discrimination in the workplace. *Career Convergence*.
https://www.ncda.org/aws/NCDA/pt/sd/news_article/395937/_PARENT/CC_layout_details/false

***McLaughlin, W. G.** (2020). Balancing your seesaw: Using animation and metaphors to explore how chronic stress affects the brain and body. In R. Miller & E. Beeson (Eds.) *The Neuroeducation Toolbox: Practical Translations of Neuroscience in Counseling and Psychotherapy* (pp.162-169). Cognella.

REFEREED PRESENTATIONS

International Presentations

Swann, W. G., & Branco, S. (2022, July 20). *Promoting anti-racism in counselor education using critical conversations in a virtual career course*. NCDA 2022 Global Career Development Conference (Virtual Conference), Anaheim, CA, United States. https://ncda.org/aws/NCDA/pt/sp/conference_presentations#vp1

National Presentations

Moore, P. C., & **Swann, W. G.** (2022, September 9). *Pick up your feelings: Black women, toxic work culture, and the great resignation*. [Virtual conference]. Black Mental Health Symposium. Jacksonville, FL. United States. <https://blackmhsymposium.com/#schedule>

Branco, S., & **Swann, W. G.** (2022, February 25). *Moving towards an anti-racist curriculum: Student and counselor educator advocacy*. [Virtual conference]. Counselor Education Distance Learning Conference (CEDL) Virtual Conference, Palo Alto University, CA. United States.

***McLaughlin, W.G.** (2020, October 31). *Coping with “multiple scars”: Examining the effects of a customized wellness intervention with black women living with multiple sclerosis*. [Conference session] Black Doctoral Network Virtual Conference, Wilmington, DE, United States.

***McLaughlin, W. G.** (2020, June 10). *Improving coping flexibility within the context of chronic disease and disability*. [Webinar]. National Board for Certified Counselors Webinar Series, Raleigh, NC. <https://www.i-counseling.net/quiz/courses>

State Presentations

***McLaughlin, W. G., & McGlone, A.** (2021, February, 26). *Culture, COVID, and career counseling: Integrating culturally responsive teaching into hybrid and virtual learning environments* [Conference session]. North Carolina Counseling Association Virtual Conference, United States.

***McLaughlin, W. G.** (2020, February 27). *The effects of customized brain-based wellness interventions on the coping flexibility of individuals with a progressive chronic disease* [Conference session]. North Carolina Counseling Association, Charlotte, NC, United States. <https://nccounselingassociation.org/2020-conference-information/>

***McLaughlin, W. G.** (2019, September 9-11). *#Resist: Using expressive arts therapy to foster psychopolitical well-being for black youth* [Conference session]. Black Communities Conference, Durham, NC, United States. <http://blackcommunities.unc.edu/2019/index.php/agenda/>

***McLaughlin, W. G.** (2019, February 20-22). *Creative strategies to integrate neuroeducation into counseling practice* [Conference session]. North Carolina Counseling Association, Durham, NC, United States. https://nccounselingassociation.files.wordpress.com/2019/02/ncca-conference-2019_at-a-glance-1.25.19.pdf

*Denotes name change (formerly McLaughlin)