

WHITNEY G.M. SWANN

wswann@seattleu.edu

Counselor Educator | Counselor Practitioner | Clinical Supervisor | Clinical Trauma Professional | 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
Innovation in Counselor Education
Professional Competency

Coping Processes
Multicultural Counseling
Gatekeeping

Neuro-Informed Counseling
Racial Disparities in MH Treatment
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neurocounseling interventions on the coping flexibility of African American women with multiple sclerosis [Unpublished dissertation].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perceptions and experiences of self-care among African American women with multiple sclerosis: An exploratory study* (Unpublished thesis, North Carolina State University).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.** (2018). Overloaded and overlooked: Improving resident advisors' self-care. *Journal of American College Health*, 66(8), 831-833. <http://doi.org/10.1080/07448481.2018.1440573>

Edited Books & Encyclopedias

***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.

*Denotes name change (formerly McLaughlin)

SELECTED REFERRED PRESENTATIONS

International Presentations

Swann, W. G. (2025, April 4). *Seeds of change: Grassroots actions for lasting peace*. 2025 Benjamin V. Cohen Peace Conference: Cultivating Paths to Sustainable Peace (Virtual Conference). Muncie, IN, United States.
<https://www.bsu.edu/academics/centersandinstitutes/peace/peace-conference-2025>

Swann, W. G. (2024, June 27). *Crown and glory: Promoting Black hair liberation*. [Conference session] NCDA 2024 Global Career Development Conference, San Diego, CA, United States.

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

***McLaughlin, W. G.** (2021, September 10). *Retweets and real tears: Using social media to foster solidarity and connection in dual pandemics*. [Conference session] Black Mental Health Symposium, (Virtual Conference) Jacksonville, FL, United States. <https://blackmhsymposium.com/speakers/>

***Henry, H., & McLaughlin, W. G.** (2021, April 9). Symposium: Building Community: Facilitating Job Satisfaction of Newly Hired Remote Employees. *Job satisfaction and community among newly hired remote employees*. [Conference session] 2021 Benjamin V. Cohen Peace Conference: Building a Beloved Community, Ball State University Center for Peace & Conflict Studies, (Virtual Conference) Muncie, IN, United States.