



Dr. B. Duncan McKinlay
Psychologist

London, ON, Canada
url. www.lifesatwitch.com

Website:

Tourette Syndrome • OCD • ADHD
Sensory • ODD • IED/'Rage'

Publishing:

Nix Your Tics! Eliminate Unwanted Tic Symptoms:
A How-To Guide for Young People

Biography of B. Duncan McKinlay, Ph.D., C.Psych.



“suffering ceases to be suffering when it finds a meaning” — Viktor E. Frankl

Dr. B. Duncan McKinlay is a registered Psychologist with the College of Psychologists of Ontario, practicing with children and adolescents in the areas of clinical and school psychology. He received his bachelors with honours at McMaster University and his Applied Masters and Doctorate at the University of Waterloo, focusing on educational psychology, clinical psychology and behavioural neuroscience. He is on faculty at both the University of Western Ontario and the University of Guelph, with appointments in departments of psychology and psychiatry. Dr. McKinlay currently works in “[The Brake Shop](#)” — a service he created for youth with Tourette Syndrome & associated disorders at the Child and Parent Resource Institute (CPRI) in London, Ontario, Canada.

Dr. McKinlay was diagnosed with Tourette Syndrome at age 19 - he knew that he had a "secret" by age 7. He is a past director of the Tourette Syndrome Foundation of Canada (TSFC), has received numerous awards from this organization for his professional work and his personal example, and sits on the Professional Advisory Boards for various Tourette organizations. In 2003 Dr. McKinlay was an inaugural recipient of McMaster University's Arch Award, created to recognize successes, innovative accomplishments, and societal contributions of selected alumni. In 2006 he received the first ever Sandra D. Lang Memorial Award for exceptional contributions to children, youth, and families in the province of Ontario. The Brake Shop clinic itself has been awarded a Deputy Minister Pinnacle Award for Service Excellence, and has been nationally recognized by Accreditation Canada as a Leading Practice in the care of youth with Tourette Syndrome.

Dr. McKinlay has conducted over 700 presentations internationally. He has authored numerous works, including the book, [*Nix Your Tics! Eliminating Unwanted Tic Symptoms: A 'How-To' Guide for Young People*](#), and co-contributed to the *Canadian Guidelines for the Evidence-Based Treatment of Tic Disorders* published in March 2012 by the Canadian Journal of Psychiatry. Various media have covered Dr. McKinlay and his work including Discovery Channel, The Montel Williams Show, CityTV, Global Television, the Canadian and British Broadcasting Corporations, TVOntario, Maclean's magazine, Canadian Living magazine, Today's Parent magazine, and Reader's Digest. A 2002 documentary of Dr. McKinlay's life received awards at both the Yorkton and International Health Film Festivals, and in 2003 garnered 2 Gemini nominations.

You can "meet" Dr. McKinlay, watch his documentary, or purchase the book *Nix Your Tics!* by logging onto his popular website on Tourette Syndrome entitled, “[Life's A Twitch!](http://www.lifesatwitch.com)” (www.lifesatwitch.com).