



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. Also in 2006 the Brake Shop clinic was nationally recognized as a Leading Practice in the care of youth with Tourette Syndrome.

Dr. McKinlay has conducted over 600 presentations internationally. He has authored numerous works, including a popular website on Tourette Syndrome (“Life’s A Twitch!”; www.lifesatwitch.com) and the book, *Nix Your Tics! Eliminating Unwanted Tic Symptoms: A ‘How-To’ Guide for Young People*. Various media have covered Dr. McKinlay and his work including Discovery Channel, The Montel Williams Show, Global Television, the Canadian and British Broadcasting Corporations, TVOntario, Maclean's magazine, Canadian Living 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, read his work, or purchase the book *Nix Your Tics!* by logging onto <http://www.lifesatwitch.com>.