

Bryan McLaughlin, MSc.
Curriculum Vitae, January 2025

Contact Information

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PERSONAL

Research & Practice Focus

My goal is to advance the field of applied sport psychology by deepening my knowledge of best practices to support the developmental environment. In research, I focus on environmental factors that aid in athlete development and best ways to implement such practices. As a practitioner, I aim to bridge the gap from research-to-practice by providing mental performance consulting to help athletes consistently perform, education and advising on athlete selection and development processes to ultimately enhance the sport environment.

Education

Current - Ph.D. Candidate - Faculty of Health Sciences (Kinesiology), Ontario Tech University. Thesis: "Why fit in when you're born to stand out?": Person-environment fit theory and athlete identification and development. (Supervisor: Dr. Nick Wattie).

2020 - MSc., Applied Health Sciences (Kinesiology), Brock University. Thesis: 'Sent down? Called up?': Exploring the roller coaster of loans and re-assignments in professional hockey. (Supervisor: Dr. Philip Sullivan).

2018 - B.A. (Hons)., Faculty of Health, Psychology, York University.

Professional Accreditations/ Certifications

2021-Current	Canadian Sport Psychology Association Professional Membership (CSPA)
2023-Current	Certified Mental Performance Consultant (CMPC) – Association for Applied Sport Psychology (AASP)
2020	Applied Suicide Intervention Skills Training (ASIST) Certified
2017	SafeTALK Certified

Employment History

2021-Current	Lead Mental Performance Consultant, Ontario Tech University Ridgebacks, Oshawa, Ontario, Canada
2021-Current	Teaching Assistant, Faculty of Health Sciences (Kinesiology), Ontario Tech University, Oshawa, Ontario, Canada
2023-Current	Professor, Sport Management and Recreation, Humber College, Toronto, Ontario, Canada
2022-2023	Research Assistant, Maple Leaf Sports & Entertainment Partnership (MLSE), Psychological Resilience Initiative – Toronto Raptors, Toronto, Ontario
2021	Research Assistant, Faculty of Health Sciences (Kinesiology), Ontario Tech

- University, Oshawa, Ontario, Canada
- 2020-2022 Founder & Lead Mental Performance Consultant, Mindful Mental Performance, Caledon, Ontario, Canada
- 2018-2020 Teaching Assistant, Applied Health Sciences (Kinesiology), Brock University, St. Catharines, Ontario, Canada
- 2004-2022 On-Ice/Off-Ice Hockey Instructor, Varsity Hockey Inc., Brampton, Ontario, Canada

SCHOLARLY AND PROFESSIONAL CONTRIBUTIONS

Journal Articles

1. McLaughlin, B., Johnston, K., Baker, J., Wojtowicz, M., & Wattie, N. (2024). (submitted). The game plan: Systematic review of implementation science in sport psychology. *Communications in Kinesiology (CiK)*.
2. McLaughlin, B., Patel, A., Wojtowicz, M., & Wattie, N. (2024). (Submitted). Categorizing popular mental performance and mental health supports in the NHL, NBA, and MLB: Navigating the mental performance and mental health lexicon. *Current Issues in Sport Science*.
3. McLaughlin, B., Johnston, K., Wojtowicz, M., Baker, J. & Wattie, N., (2022). (In preparation). Mental health and mental performance: A critical review of confusing landscape.
4. McLaughlin, B., Johnston, K., Connolly, M. & Sullivan, P. (2024). (Accepted). "It can be a very lonely environment..." Exploring the psychological rollercoaster of recalls and reassignments in professional ice-hockey. *Journal for Advancing Sport Psychology in Research*.

Research Groups:

1. RISE – Research-based Identification and Selection for Athlete Enhancement, OHPSI – Ontario High-Performance Sport Initiative – Research Team Member (Led by Dr. Joe Baker, Dr. Nick Wattie, Dr. Magdalena Wojtowicz, and Dr. Kathryn Johnston).
2. Psychological Resilience Initiative – MLSE (Toronto Raptors) – Research Assistant 2023-2024.

Published Abstracts & Conference Proceedings:

1. McLaughlin, B., Patel, A., Wojtowicz, M., & Wattie, N. (June 2024). *Comparing mental performance and mental health support role titles in the NHL, NBA, and MLB*. Abstract accepted for presentation at North American Society for the Psychology of Sport and Physical Activity (NASPSPA). New Orleans, LA, USA.
2. Nuweiser, Z., McLaughlin, B., Blakey, G., & Wattie, N. (June 2024). *Exploring the lexicon of NHL and NBA draft profiles: Categorizing the descriptors of prospective athletes*. Abstract accepted for presentation at North American Society for the Psychology of Sport and Physical Activity (NASPSPA). New Orleans, LA, USA.
3. McLaughlin, B., Johnston, K., Wojtowicz, M., Baker, J., & Wattie, N. (October 2023). *Enhancing impact: A systematic review of implementation science in sport psychology*.

Published Abstract at Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS).

4. McLaughlin, B., Johnston, K., Wojtowicz, M., Baker, J., & Wattie, N. (October 2023). *Enhancing impact: A systematic review of implementation science in sport psychology*. Poster Presentation at Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS). Kingston, Ontario.
5. McLaughlin, B., Patel, A., Wojtowicz, M., & Wattie, N. (October 2022). *Accreditation in mental performance in the NHL, NBA, and MLB: Cause for concern*. Poster Presentation at The Sport Innovation (SPIN) Summit. Vancouver, B.C., Canada.
6. McLaughlin, B., Patel, A., Wojtowicz, M., & Wattie, N. (October 2022). *Accreditation in mental performance in the NHL, NBA, and MLB: Cause for concern*. Published Abstract at Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS). Montreal, Canada.
7. McLaughlin, B., Patel, A., Wojtowicz, M., & Wattie, N. (October 2022). *Accreditation in mental performance in the NHL, NBA, and MLB: Cause for concern*. Poster Presentation at Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS). Montreal, Canada.
8. McLaughlin, B. & Sullivan, P. (June 2021). *'Sent down? Called up?': Exploring the roller coaster of loans and re-assignments in Professional Hockey*. Presentation at 10th International Hockey Conference. Halifax, Canada.
9. McLaughlin, B. & Sullivan, P. (March 2019). *Exploring Athlete Burnout within Elite Youth Ice-Hockey Players in a Sport Academy*. Presentation at the 23rd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS). Vaughan, Canada.
10. McLaughlin, B. & Sullivan, P. (March 2019). *Exploring Athlete Burnout within Elite Youth Ice-Hockey Players in a Sport Academy*. Poster presentation at Mapping the New Knowledges (MNK), St. Catharines, Canada.
11. McLaughlin, B. & Fraser-Thomas, J., (March 2018). *Exploring the Experiences of Elite Youth Athletes in Hockey Academies*. Presentation at the 22nd annual Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Canada.

Professional Contributions:

1. Psychology of High-Quality Coaching: Translating Research into Practice Workshop. (June 2023). Invited Panelist – Mental Performance Consultant. North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Toronto, Canada.

Awards & Funding

1. Ontario Graduate Fellowship (2022-2023) – \$12000
2. Ontario Graduate Scholarship (2023-2024) – \$15000
3. Ontario Graduate Scholarship (2024-2025) – \$15000

TEACHING

Courses Taught

1. Humber College – SPRT-109 – Sport Psychology (Winter 2024 & Fall 2024 & Winter 2024)

Student supervision

1. Zaynab Nuweiser, Research Practicum Undergraduate Student, Winter 2024. Project title: *Exploring the lexicon of NHL and NBA draft profiles: Categorizing the descriptors of prospective athletes.*

Graduate Teaching Assistant

1. Ontario Tech University – KINE 2140 – Research Methods (Winter 2023 & Winter 2024 & Winter 2025)
2. Ontario Tech University – KINE 4461 – Applied Topics in Sport & Exercise Psychology (Fall 2022 & Winter 2024 & Winter 2025)
3. Ontario Tech University – KINE 2030 – Psychology of Sport & Exercise (Fall 2022 & Fall 2023 & Fall 2024)
4. Ontario Tech University – HLSC 4824 – Physical Activity and Public Health (Winter 2022)
5. Ontario Tech University – HLSC 4460 – Selected Topics in Physical Activity and Health (Winter 2022)
6. Ontario Tech University – KINE 1130 – Sociocultural Perspectives (Winter 2022)
7. Ontario Tech University – HLSC 3020 – Health & Exercise Psychology (Fall 2021)
8. Ontario Tech University – HLSC 3800 – Introduction Stats for Health Science (Fall 2021)
9. Brock University – KINE 4P05 – Cognitive Ergonomics (Winter 2020)
10. Brock University – KINE 3P93 – History and Philosophy of Physical Activity and Sport (Winter 2020)
11. Brock University – KINE 2P84 – Human Growth and Development (Winter 2019)
12. Brock University – KINE 3P95 – Applied Sport Psychology (Fall 2019)
13. Brock University – KINE 4P71 – Healthcare Ethics (Fall 2018)

Guest Lecture:

1. KINE 4461 – Applied Topics in Sport & Exercise Psychology – Motivational Interviewing & Consulting Approaches (Fall 2023 & Winter 2024 & Winter 2025)
2. KINE 1000 – Foundations in Kinesiology– Careers in Sport Psychology (Fall 2023 & Fall 2024)
3. KINE 2140 – Research Methods– An overview of implementation science research (Winter 2023 & Winter 2024 & Winter 2025)
4. KINE 2030 – Psychology of Sport and Exercise (Fall 2022 & Winter 2023)
5. HLSC 5324 Critical issues in skilled performance (Fall 2021)

SERVICE

Non-Academic Extracurricular Activities

- 2021-Current Ontario Tech University Ridgebacks Athletic Department – University Safe Sport Committee Member
- 2015-2022 Beyond the Game (Board Member) – Fundraising for scholarships for athletes
- 2018-2020 Brock University, Applied Sport Psychology Team – Working with Varsity athletes on mental skills

2016-2019 Toronto Marathon Sport Psyching Team – Provided marathon runners on-site mental skill interventions