

***Bruce M. Small, B.A.Sc., B.Sc. (Psychology), M.Sc.***  
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***Academic History:***

- 2012-2014 Master of Education (M.Ed.) student in Counselling Psychology  
Ontario Institute for Studies in Education (OISE), University of Toronto  
with Ontario Graduate Scholarship (OGS)
- 2011-2012 Hons. B.Sc. (Psychology), York University  
with York University Continuing Student Scholarship
- 2010-2011 Visiting Student, York University, with courses in  
Psychology, Statistics, Anthropology, Spanish, and Addiction
- 1971-2 +75: Master of Science in Design (M.Sc.)  
Southern Illinois University, Carbondale, Illinois  
Master Thesis: “Open System Theory: An Analytical Tool for Decision-Makers”
- 1966-1970: Bachelor of Applied Science and Engineering (B.A.Sc.)  
Engineering Science (Physics), University of Toronto w/ 2 entrance scholarships

***Psychotherapy and Counselling Training and Experience:***

- 2008-present: Private Psychotherapy practice at 21 Carlton St., Toronto, Ontario M5B 1L3.  
Therapeutic support around life issues including traumatic events. Specialty areas  
included life script therapy to reduce psychological components of chronic illness  
and strategic support to families dealing with severe mental illness. Introduction  
in 2012 of *Conscious Life Integration (CSI)* as a means of helping clients to  
regain access to memories and capabilities associated with their earlier selves and  
to reauthor life plans and regain control of otherwise unconscious habits and  
compulsions that had become maladaptive in current circumstances.  
(See <http://www.envirodesic.com/brucesmall> for a more detailed description.)  
Also under development is a parallel physical practice to assist clients in  
regaining and maintaining physical and mental capabilities including movement,  
agility, balance, strength, reflexes, affect, eyesight and mental acuity.
- 1998-2007: Provided life coaching and personal counselling to individuals, including issues  
around employment, business, grief and loss, relationships and health.
- 1998-2002: Organized and led a series of weekend peer counselling workshops.
- 1994-present: Organized and conducted peer counselling training classes and afternoon  
counselling workshops under my label “Helping Each Other Change”.
- 1986-1994: Attended classes and workshops, and taught classes in peer counselling.
- 1975-present: Background reading and personal research to feed an ongoing interest in all things  
psychological, including cognitive therapy, transactional analysis, game theory,  
script theory, neurolinguistic programming, play therapy, anger management,  
choice therapy, peer counseling, and brain plasticity. Favorite authors include Eric  
Berne, Claude Steiner, R.D. Laing, Abraham Maslow, Richard Bandler, William  
Glasser, and more recently John Medina, Norman Doidge and Jeffery Schwartz.

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**Employment History:**

- 2008-present: Bruce Small, Psychotherapist, downtown Toronto (see Counselling above) using *Conscious Self-Integration*. See <http://www.envirodesic.com/brucesmall>.
- 1983-present: Executive Director, Fdn. for Independent Research on Technology and Health (Joint development of <http://www.healthyschools.com> with Pollution Probe and Education Safety Association, and currently joint development with Small & Rubin Ltd. of *Planetary Management Now*. See <http://www.envirodesic.com/technologyandhealth/> for details of projects.)
- 2002-present: Director and Principal, Small & Rubin Ltd.\*\*  
(see <http://www.envirodesic.com/srl/SRLexperience.html> for details concerning full history of research studies and consulting projects.)  
(Founded a joint public/private venture entitled “Planetary Management Now” in order to introduce a more proactive component into world management. See <http://www.planetarymanagementnow.com> . )  
(Maintenance of the *Envirodesic* Certification Program, an initiative to promote the development of competent building products that will promote healthier indoor environments. See <http://www.envirodesic.com>.)  
(Founded a new division “Speaker’s Challenge” to promote a wide variety of speaking topics. See <http://www.speakerschallenge.com> . )
- 1990-2002: Principal, Green-Eclipse Incorporated (in association with Howard Rubin) (Development of an enterprise (“*Envirodesic* ★”) for promoting healthier, more environmentally responsible and sustainable building products.)
- 1977-2002: President and Principal, Bruce M. Small and Associates Limited  
(Environmental research studies for clients included:  
Chemical Susceptibility and Urea-Formaldehyde Foam Insulation (NRC)  
Indoor Air Quality Research and Recommendations (CMHC)  
Healthy Environments for Canadians (then Health and Welfare Canada)  
Indoor Air Quality (Ontario Lung Association)  
Stachybotras Contamination of Buildings (Pollution Probe))
- 1978-1995: Founder and General Manager, *Sunnyhill Research Centre*, Goodwood, Ontario (Development of an indoor environment for diagnosing and treating individuals who are affected adversely by low levels of environmental chemicals.)
- 1976-1977: Consultant, IBI Group, Toronto, Ontario  
(organization and policy recommendations for Public Works Canada)
- 1972-1975: Executive Asst. to General Manager, Toronto Area Airports Project  
Transport Canada, Toronto, Ontario

\*\*for testimonial of business skills contact Howard Rubin, tel/txt: (416)520-3127;  
[howardrubin@envirodesic.com](mailto:howardrubin@envirodesic.com)

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***Samples of Speaking History:***

- 1994-2009: Continuing education lectures to architects in U.S. and Canada and to various branches and conferences of the American Institute of Architects and other organizations on behalf of an industrial client, regarding the design and construction of healthy green buildings, including homes, offices, schools and hospitals.
- 2006: Speaker at the Community Hospital and Infection Control Association of Canada, Kingston, ON, with an address entitled “Air Quality: Infection Risks Associated with Hospital Construction and Renovation”.
- 2003: Keynote speaker (through translation) at Expo CIHAC in Mexico City, Mexico regarding the role of Mexican architects in energy conservation and healthy building design.
- 2000: Speaker at “The Environment and Human Health”, by the Recycling Council of Ontario.
- 1998: Speaker at Conference “The Air Children Breathe”, by the Lung Association and Pollution Probe, Toronto, ON.
- 1996: Speaker at Conference “The Effectiveness of Health Promotion” by University of Toronto Centre for Health Promotion / WHO in Toronto, ON, regarding progress in the field of human health effects of low levels of chemical pollution.

***Books Published:***

- 1982 *The Susceptibility Report*, by Bruce M. Small. Technical analysis written for the National Research Council of Canada on the connection between multiple chemical sensitivity and Urea Formaldehyde Foam Insulation in Canada.
- 1980 *Sunnyhill, the Health Story of the 80s*, by Bruce and Barbara Small. Autobiographical nonfiction book about multiple allergic sensitivities and the building of a research centre for treating environmentally related illness.

***Peer Reviewed Publications:***

- Small, B. (2009). Creating healthier buildings. *Toxicology and Industrial Health* 25(9-10), 731-755. DOI: 10.1177/0748233709348284

***Government and Non-Profit Reports Authored (1977-2002):***

Chemical Susceptibility and Urea-Formaldehyde Foam Insulation (NRC)  
Indoor Air Quality Research and Recommendations (CMHC)  
Healthy Environments for Canadians (then Health and Welfare Canada)  
Indoor Air Quality (Ontario Lung Association)  
Stachybotras Contamination of Buildings (Pollution Probe)

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***Academic Assignments:***

A sampling of academic essays on various topics along with my Honours Bachelor Thesis in Psychology recently completed at York University (2010-2012) are downloadable at [www.envirodesic.com/york/thesis.html](http://www.envirodesic.com/york/thesis.html). Essays and other assignments completed at OISE are at <http://www.envirodesic.com/OISE/>.

***Skills:***

***Counselling***

As a psychotherapist I have developed a unique approach to handling and reversing personal distress, including complex personal issues involving psychological factors in physical illness. Using current knowledge in the field of brain plasticity and an integration of various psychotherapy modes, I have developed a form of therapy that has proven useful with many clients, under the name *Conscious Life Integration (CSI)* (see [www.envirodesic.com/brucesmall](http://www.envirodesic.com/brucesmall)).

***Teaching***

Through corporate speeches on green building technology, and by providing peer counselling training classes under my label “Helping Each Other Change” I have become highly skilled as a speaker and a teacher. My specialty is delivering very clear explanations of complex topics, including environmental, social and personal issues, to widely different audiences.

***Organization***

Thirty-five years as a consultant and operating my own companies has given me a host of administrative and organizational skills including office management, financial planning, book-keeping, tax submissions, grant and proposal preparation, negotiations, estimation, contract preparation, legal documentation, court procedure, project planning and administration as well as presentation skills.

***Computers***

Since my first introduction to room-size computers in 1965, I developed strong computer and programming skills and kept abreast of technology advancement to the present state of the art. Through typesetting languages and publishing software in the 1980s and development of automated web sites in the 1990s and 2000s using SQL data bases on remote servers, I continue to program active server pages to this day.

***Research and Analysis***

In the field of environmental health and indoor air quality I delivered extensive up-to-date literature studies to government and non-profit clients, utilizing current library and database search technology. My mind is particularly good at critical analysis and at creating overviews requiring an integrated understanding of subject material.

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***Community Involvement:***

***Chemical Hypersensitivity (volunteer position):***

1979-1985      Founded the Toronto Branch of Human Ecology Foundation of Canada to assist individuals needing information on chemical hypersensitivity; produced newsletter of Human Ecology Foundation of Canada.

***LGBTQ-Related Counselling Training, Teaching and Psychotherapy Experience:***

1998-present: Providing psychotherapy, life coaching and personal counselling to individuals, including issues around sexual orientation, grief and loss, relationships and health. (See <http://www.envirodesic.com/brucesmall> for description of therapeutic approach.)

1994-2010:      Organizing and conducting mixed orientation peer counselling training classes and afternoon counselling workshops under my label “Helping Each Other Change”.

1994-2006:      Attendance and delivery of various counselling workshops at Ithaca Mensfest (an annual personal growth weekend held for gay, bi and straight men near Ithaca, NY)

1998-2002:      Organized and led a series of weekend personal growth workshops for gay, bisexual and heterosexual men (FreshWind Sep1998, FreshWind II Sep1999, FreshLook Oct2000, Personal Growth Workshop Sep2002).

Apr1999:        Organized a mixed orientation weekend workshop for men and women and co-founded the ongoing support group known as “Wide Open”. Second workshop organized Oct.1999.

1986-1994:      Attended classes and workshops, and taught classes in Re-evaluation Counselling, including co-ordination and leadership of a Gay/Lesbian/Bisexual support group.

***LGBTQ-Related Community Group Experience (volunteer):***

2008-2010:      Attendance and assistance at PFLAG Peel meetings, Mississauga, ON, including consideration of gay, lesbian, bisexual and transsexual teenagers and parental difficulties addressing their issues.

April 1998:      Attended 5<sup>th</sup> International Bisexual Conference at Harvard University in Boston, Massachusetts.

1989-1994:      Co-founder, Ontario Bisexual Network (now Toronto Bisexual Network), as well as a meeting facilitator, organizer and newsletter editor.

199x:            Assisted Toronto Board of Education Triangle Program as bisexual resource person in seminar on sexual orientation for guidance teachers.

June 1990:      Attended first U.S. National Bisexual Conference in San Francisco, CA.