

***Bruce M. Small, B.A.Sc. (Eng. Science - Physics), M.Sc. (Design),
Hons. B.Sc. (Psychology), M.Ed.***

Academic History:

- 1966-1970: Bachelor of Applied Science and Engineering (B.A.Sc.)
Engineering Science (Physics), University of Toronto w/ 2 entrance scholarships
- 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"
- 2010-2011 Visiting Student, York University, with courses in
Psychology, Statistics, Anthropology, Spanish, and Addiction
- 2011-2012 Hons. B.Sc. (Psychology), York University
with York University Continuing Student Scholarship
- 2012-2014 Master of Education (M.Ed.) in Counselling and Psychotherapy
Ontario Institute for Studies in Education (OISE), University of Toronto
with Ontario Graduate Scholarship (OGS)

Counselling Training and Experience:

- March 2024: Retired from psychotherapy practice.
- 2015-2024: Full time registered practice under CRPO from August 2015 to February 2024.
- August 2015: Accepted August 2015 as member of the College of Registered Psychotherapists of Ontario.
- 2013-2014: Practiced as a therapist within the M.Ed. Practicum program at the OISE
Psychology Clinic at the University of Toronto.
- 2008-2015: Private therapy 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.
Helped clients to reauthor life plans and regain control of otherwise unconscious
habits and compulsions that had become maladaptive in current circumstances.
- 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:

- 2008-2024: Bruce Small Therapist, downtown Toronto (see Counselling above)
- 1983-2008: 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*.)
- 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>.)
- 1990-2002: Principal, Green-Eclipse Incorporated (in association with Howard Rubin)
(Development of an enterprise (“*Envirodesic* TM”) 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 (Public Works Canada))
- 1972-1975: Executive Asst. to General Manager, Toronto Area Airports Project
Transport Canada, Toronto, Ontario

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.

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- 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”.
- 2004: Speaker at the U.S. Green Building Council Meeting in Farmingdale, New York
- 2003: 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”, 21st Annual Conference by the Recycling Council of Ontario, Ottawa ON,
- 1998: Speaker at Conference “The Air Children Breathe”, by the Lung Association and Pollution Probe, Toronto, ON.
- 1998: Speaker at the CoAction Staff Association Conference, Co-operative Housing Employee Assn Inc., Toronto, ON, presenting “Indoor Air Quality and Healthy Co-operative Housing”.
- 1996: Speaker at the Symposium “Gaining the Most from the Indoor Environment Marketplace”, Ottawa, ON, presenting the topic “Offgassing Data vs. Material Safety Data Sheets: How to Screen Materials in a Cost-Effective Manner”.
- 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.
- 1993: Speaker at the ARIDO Symposium “Designing for the Environment”, Toronto Ontario, on the subject of “Healthy Buildings and Materials: Matching the Building to the Design Population”.
- 1986: Speaker at Ontario Wellness Conference '86, Toronto, Ontario presenting the topic “Creating Indoor Environments that Promote Wellness”.
- 1984: Speaker at the Third International Conference on Indoor Air Quality and Climate, Stockholm Sweden, jointly with Jim White for Canada Mortgage and Housing Corporation, regarding “Implications of Chemical Hypersensitivity for Housing Design”.
- 1980: Plenary Chair and speaker at “Alternatives to Drugs and Chemicals in Livestock Production”, Fort San Saskatchewan for Human Ecology Foundation of Canada re “Chemical Effects on People: Ecological Illness – a 20th Century Disease”.

Books Published:

- 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.

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- 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.
- 2014 *Taken In: How We Internalize the Wrong Things*, by Bruce McGregor Small. This ebook for clients deals with how we internalize many of the thoughts, feelings and behaviours that surround us, and how to take conscious control of these.

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)

Academic Assignments:

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

Skills:

Counselling

While practicing as a therapist Bruce developed a unique approach to handling and reversing personal distress, including complex personal issues involving psychological factors in physical illness.

Teaching

Through corporate speeches on green building technology, and by providing peer counselling training classes under his label "Helping Each Other Change" Bruce became highly skilled as a speaker and a teacher. His specialty was delivering very clear explanations of complex topics, to widely different audiences.

Organization

Thirty-five years as a consultant and operating his own companies gave Bruce 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.

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Computers

Since his first introduction to room-size computers in 1965, Bruce developed strong computer and programming skills and kept abreast of technology advancement to the present state of the art. He used typesetting languages and publishing software in the 1980s and developed automated web sites in the 1990s and 2000s using SQL data bases on remote servers. Recently, he has programmed many active server pages for various websites.

Research and Analysis

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

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, and Teaching Experience:

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.

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.

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)

1994-2004: Organizing and conducting mixed orientation peer counselling training classes and afternoon counselling workshops under my label "Helping Each Other Change".

1998-2024: Providing therapy, life coaching and personal counselling to individuals, including issues around sexual orientation, grief and loss, relationships and health.

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LGBTQ-Related Community Group Experience (volunteer):

- 1989-1994: Co-founder, Ontario Bisexual Network (now Toronto Bisexual Network).
June 1990: Attended first U.S. National Bisexual Conference in San Francisco, CA.
199x: Assisted Toronto Board of Education Triangle Program in seminar on sexual orientation for guidance teachers.
April 1998: Attended 5th International Bisexual Conference at Harvard University in Boston, Massachusetts.
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.