

## ANN ELIZABETH CARSON

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Ann Elizabeth Carson, poet, writer and artist is a professional therapist and consultant in private practice. She works with individuals, couples and families and has particular interests in life stage transitions, memory, brain plasticity and expressive therapies. As an older person Ann brings both personal experience and professional expertise to helping older people and their families with the re-definition of our meanings of health, of the aging process and of being elderly. Her own experience with several debilitating chronic illnesses has made her sensitive to the individual, familial and work related areas of concern which patients and their families must deal with and alerted her to alternative and community resources for health care.

### EDUCATION

- B.A. (Hons), University of Toronto, 1951
- Med, Adult Education and Counselling, OISE, 1970
- Leadership Training Program, Gestalt Institute of Toronto, 1977.
- Certificate in Family Mediation, University of Toronto, 1985
- Arscura Art School 2 year program, art as an artistic and therapeutic discipline.
- Doctoral Program, Adult Education and Counselling, aging and memory. 1988-1994.

**PROFESSIONAL EXPERIENCE** While raising a family of four children Ann organized volunteer staff and developed programs for a number of cultural and social service agencies. (1952-67) She was a counsellor and program director for the Department of Psychological Services, York University in 1967-69, worked for the Ontario Government in their substance abuse program, 1970-71 and was senior counsellor, project associate and employee relations consultant with The Counselling and Development Centre, York University 1971-87. She supervised graduate students in their practicum in clinical psychology, and co-developed an employee assistance program with the Department of Human Resources. Ann pioneered groups for women and mature students returning to the university. She developed and taught learning theory for the first academic course at York designed to meet the needs of mature students.

Ann took a sabbatical from private practice in 2005 to publish *Shadows Light*, a collection of early and new poems, illustrated with colour photographs of her sculptures. In the autumn of 2006 Edgar Kent/U of T Press, published *My Grandmother's Hair*, a social memoir in poetry, visual images and myth about how we are molded by family and social contexts, highlighting the uses and abuses of power in intimate and public places. She has just completed *We All Become Stories: creating memory*, twelve profiles of older people recounting the changing experience of memory over their life times. Selections and reviews of Ann's books have appeared in publications from Maine to Northern Ontario, and in Toronto, Vancouver and Ottawa. She reads at various venues and leads workshops in how art, movement and creative writing broaden our perspective on every day life.

Ann is a clinical member of the American and Ontario Associations of Marriage and Family Therapy and is registered in the National Registry of Health Service Providers. She participates in a study group on international affairs, two book clubs and the work of the Older Women's Network. She is writing a second book of poetry and keeps fit with circuit training, rebounding and walks on the Beaches boardwalk.

