



LEADERSHIP DEVELOPMENT PROGRAM

Child Welfare League of Canada

#ExpertsinResidence

FRANK SHANNON

Frank Shannon of the Haida Nations, Eagle clan, currently resides in Edmonton, Alberta. He makes his way with his family, annually, to hunt, gather and maintain strong cultural connections in his community, Old Massett, Haida Gwaii, British Columbia. He and his wife Doris value their children experiencing the resurgence of culture and his Nation moving towards health and healing from hurts of the past. He has been honoured for over the last 18 years to share and learn with the many First Nations people and communities in the Edmonton area.

Currently, Frank, works at Aboriginal Counseling Services Of Alberta, where he completes assessments for children and youth in the care of Child and Family Services. He assists them in attaining greater self regulation and resilience from their traumatic experiences as well as provides recommendations to caregivers in the community. Frank continues to co-facilitate educational circles for men in the areas of family violence and parenting. He has worked for 12 years as an Aboriginal Cultural Helper in acute health care advocating, assisting and supporting patients and families during their hospital stay. He has provided cultural resource training to frontline staff in the area of grief and loss, focusing on the impact of intergenerational trauma.



In 2006 he was introduced to the Canadian Foundation for Trauma Research and Education (CFTRE) where he began learning about Self Regulation Therapy and the impact of trauma on our neurophysiology. In 2015–2018 he enrolled and completed beginners, intermediate and advanced levels of Dr Peter Levine's somatic experiencing trauma training.

In Frank's professional practice he incorporates working with his knowledge of the human nervous system and his cultural teachings. He helps people build capacity and connect to their physiological resources so that they can move towards their health and resilience.

Frank believes working with a somatic approach contributes in creating sustainable healthy communities one nervous system at a time.

Click here to book a session with George or email experts@cwlc.ca if you need more info.