

Evergreen Behavioral Health Association  
Evergreen Meet-Learn EML Discussion Series

***An Introduction to Utilizing Internal Family Systems (IFS) and George  
Frazer's Table Technique with Eye Movement Desensitization  
Reprocessing (EMDR)***

with

**Vito Alberga, LCSW, ACSW, ACCHT, BCD**

**Zoom Gathering**

**Tuesday, November 12, 2024**

6:30-6:45 pm Meet and greet (optional)  
6:45-8:00 pm Presentation/discussion  
EBHA members free

Non-members, \$10 [make payment here](#)  
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[RSVP](#) with your email address

- Discuss how to utilize Internal Family System theory when working with Complex Developmental Trauma
- Define and review the role of Exiles, Managers, Firefighters in IFS process
- Discuss Fraser's Dissociative Table Technique and ego state work
- Outline the 8 Phases of EMDR and 3 stages of trauma treatment



Vito Alberga, LCSW, ACSW, ACCHT, BCD is an Advanced Certified Heart-Centered Hypnotherapist, and an EMDRIA certified EMDR therapist and Consultant. As an Adjunct Professor at National-Louis University Vito has conducted workshops on trauma and shock treatment. He directs The Center for New Pathways Integrative Wellness Center, where he maintains a full-time private practice specializing in complex PTSD and dissociative identity disorders. Vito has trained extensively at the Center for Advanced Studies of The International Society for the Study of Trauma and Dissociation and holds an ISSTD Advanced Certificate in Complex Trauma and Dissociation. For more information about Vito's background and services, visit his website, [thecenterfornewpathways.com](http://thecenterfornewpathways.com)