



Five Approaches Compared

NLP · EMDR · SE · NARM · NEI — a structural overview

COMPARISON

Feature	NLP	EMDR	SE	NARM	NEI
Primary focus	Cognitive-linguistic and perceptual patterns (beliefs, representations, conditioning)	Traumatic memories and unprocessed memory networks	Nervous system regulation and completion of survival responses	Developmental trauma, identity patterns and relational adaptations	Emotional imprints — unresolved experience that continues to organize present-day regulation
Entry point	Language, imagery, internal representations	Consciously held target memory	Internal body sensations ("felt sense")	Present-moment relational and somatic experience	Body: structured body-guided inquiry to identify active imprints
How the target is identified	Client description + practitioner intervention	Defined memory, belief, body sensation	Tracking somatic activation with therapist	Relational inquiry into identity and survival styles	Body-based signals indicate whether an imprint is active
Change mechanism	Reframing, sub-modality shifts, anchoring new states	Bilateral stimulation enables reprocessing of memory networks	Gradual discharge and completion of survival responses	Relational attunement dissolves identity patterns	Works to update the organizing charge of the imprint at a structural level
Role of memory	Optional, varies by technique	Central: memory must be activated	Indirect: somatic traces engaged	Not required; focus is present-moment	Not required
Role of the body	Secondary (state anchoring)	Included (body scan phase)	Primary (bottom-up processing)	Integrated with relational work	Primary: guides detection, sequencing, confirmation
Role of relationship	Limited / optional	Supportive but not central	Important for regulation and pacing	Central mechanism of change	Functional but not primary
Session structure	Flexible, technique-driven	Structured protocol (multi-session)	Emergent, paced over time	Emergent, relational process	Structured, session-based sequence guided by the body
Ancestral / inherited patterns	Not a standard focus	Possible via adaptations	Not a standard protocol element	Addressed through attachment patterns	Dedicated protocol for transgenerational imprints without personal narrative

Verification of change	Subjective shift + behavioral change	SUD / VOC scales + body scan	Observable settling, discharge, increased regulation	Changes in identity, regulation, relational capacity	Integration is considered complete when the body no longer indicates activation
Evidence base	Limited and mixed empirical support; widely used in applied contexts	Extensive RCT evidence; included in clinical guidelines	Growing evidence base; mixed but increasing support	Emerging clinical model; growing but limited research base	Practice-based framework; formal empirical research is currently limited and developing

CORE DISTINCTION

- **NLP** → changes how experience is represented
- **EMDR** → reprocesses how experience is stored in memory
- **SE** → completes how the body responds to threat
- **NARM** → reorganizes identity and relational patterns
- **NEI** → works with the imprint that organizes those patterns in the first place

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