

IMPRINTS 2026

Human System Literacy

NOVEMBER 2–5 · IBIZA

Plenary sessions in English · Break-out sessions in English, German & Dutch

Monday

NOVEMBER 2

14:00

Check-in Opens

Room keys and welcome materials. Hotel amenities briefing.

19:00

OPENING EVENING

SESSION 1 · WELCOMING WORDS

Delegate & Speaker Reception

Setting the intention for the Gathering — who is in the room, what we are here for, how the two days will unfold.

Until 21:00 · Informal Network Reception — Drinks & Finger Food

Tuesday

NOVEMBER 3

07:30

Breakfast

Buffet at Panoramico Restaurant — Mediterranean views towards Formentera. Closes at 09:00.

09:15

PLENARY

SESSION 2 · OPENING WORDS

Why We Are Here: Emotional Health Needs a System Language

- Why the NEI Institute exists
- The fragmented landscape of emotional health
- Why this community matters

09:30

KEYNOTE

SESSION 3

Human System Literacy — The Next Frontier of Emotional Health

- Why emotional imprints accumulate as internal load — and why this has been invisible
- Why insight alone does not change the system: the limits of awareness-based approaches
- Prevention vs treatment: the case for emotional hygiene before symptoms appear
- The architecture of internal load: emotional, relational, ancestral and physiological layers

10:15

KEYNOTE

SESSION 4

The Nervous System Never Forgets: Safety, Threat & the Body's Memory

When Experience Cannot Be Integrated: The Structural Architecture of Stored Trauma

11:00

Coffee, Tea & Movement Break

11:30

TALK

SESSION 5 · TALK

When the System Organizes Around Wounding: Trauma, Identity & the Survival Self

- Identity-Oriented Psychotrauma Therapy (IoPT)
- Connecting emotional stress with chronic disease

12:00

PANEL DISCUSSION

SESSION 6

Where Methods Meet: A Cross-Disciplinary Look at Emotional Imprints

Senior voices from EMDR, NLP, Somatic Experiencing, and hypnotherapy explore: *Are we working on the same underlying phenomenon?*

- Where our perspectives overlap
- Where they diverge
- What a more integrated view of the human system might require

12:45

PLENARY

SESSION 7 · LAB ORIENTATION

A Preview of the Afternoon Program

Introduction to the three parallel Breakout Labs — Across three parallel labs, participants explore different dimensions of working with imprints. Participants are following the content based on their language preferences.

13:00

Lunch

Buffet at Panoramico Restaurant or beachfront pool terrace.

14:00

BREAKOUT LABS · ROUND 1

Imprints Labs: Working with Imprints in Practice

ROOM A

**Lab 1A: Direct System Access
— A Real-Time NEI
Demonstration**
English

ROOM B

**Lab 1B: NEI in de praktijk —
echte carrière toepassingen**
Dutch

ROOM C

**Lab 1C: Professionelle
Stabilität — Selbstregulation
bei der Arbeit mit Imprints**
German

15:15

Coffee, Tea & Movement Break

15:45

BREAKOUT LABS · ROUND 2

Imprints Labs: Working with Imprints in Practice

ROOM A

**Lab 2A: Practitioner Stability
— Self Regulation While
Working with Imprints**
English

ROOM B

**Lab 2B: Directe Toegang tot
het Systeem — Een NEI
Demonstratie in Real Time**
Dutch

ROOM C

**Lab 2C: NEI in der Praxis —
reale Karriere-Anwendungen**
German

17:00

Personal Time

Rest, walk, swim, connect informally. An invitation to reflect on what arose and to consider what you may wish to release this evening.

18:30

EVENING RITUAL

Dinner & Stone Releasing Ritual

On each table: stones and permanent markers. Each person is invited — in their own time, without pressure — to pick up a stone and write what they are ready to release. No instruction, no facilitation. Simply the invitation and the space.

Wednesday

NOVEMBER 4

07:30

Breakfast

Panoramico Restaurant. Closes at 09:00.

09:00

PLENARY

SESSION 14 · OPENING WORDS

Overnight Integration — What Did Yesterday Stir?

Short grounding. 3–4 people share one word or sentence from the previous day to reset the nervous system and reconnect the group.

09:15

KEYNOTE

SESSION 15

Emotional Health as Prevention: The Case for Early Intervention

Emotional Resilience as a Life Skill — Why We Need to Start Earlier

10:00

EMERGING FRONTIERS

SESSIONS 16–18 · THREE 20-MINUTE TALKS

Three Arguments for Human System Literacy

- **Talk 1:** Emotional imprints & autoimmune disease — the epigenetic link
- **Talk 2:** The Emotion Codex — a structural map of which emotions live where and why
- **Talk 3:** Emotional load in leadership — imprint patterns in organisational systems

11:00

Coffee, Tea & Movement Break

11:30

PANEL DISCUSSION

SESSION 19

Imprints Across Modalities: Different Doors into the Same System

Practitioners from NLP, EMDR, hypnotherapy, and somatic approaches explore one central question: Are we working on the same underlying phenomenon through different access points — or fundamentally different realities?

- How different disciplines define unresolved emotional load
- Where they enter the system: cognitive, subconscious, somatic, relational
- Mechanisms of change: reprocessing, reframing, completion, release
- Where methods reach limits — and where others might take over

12:30

Lunch

Panoramico Restaurant or beachfront pool terrace.

13:30

BREAKOUT LABS · ROUND 3

Imprints Labs: Working with Imprints in Practice

ROOM A

Lab 3A: NEI in Practice — Real Career Paths, Real Integration

English

ROOM B

Lab 3B: Professionele stabiliteit — zelfregulatie tijdens het werken met imprints

Dutch

ROOM C

Lab 3C: Direkter Systemzugang — Eine NEI-Demonstration in Echtzeit

German

14:45

Coffee, Tea & Movement Break

15:15

PLENARY

SESSIONS 24–25 · WHERE THE FIELD GOES FROM HERE

What Two Days of Cross-Discipline Dialogue Has Revealed

- The field has many methods. What it lacks is a system.
- Scientific voice: the neuroscience points toward precision and verification
- Organisational voice: what a field needs to grow into a discipline
- Cross-discipline practitioner: what I will bring back to my practice

16:00

AWARD

SESSION 26

Imprints Award for Advancing Human System Literacy

First annual award recognising a researcher, practitioner or author who has significantly contributed to understanding emotional systems. Video tribute → presentation → acceptance remarks.

16:20

CLOSING

SESSION 27

Integration & Farewell — One Word for the Road

Short, emotionally resonant closing. Each table offers one word in any language. The Chairperson closes with intentions for the year ahead.

16:30

CELEBRATION

Closing Reception

One last opportunity for connections, follow-ups, and spontaneous conversations. Let's celebrate what was built together.

Thursday
NOVEMBER 5

07:30

Breakfast

Extended breakfast at Panoramico. Closes at 11:00 on this final morning. 😊

12:00

Check-out Closes

Please check out before noon so the Imprints Hotel can close its doors for the year.