

FACT SHEET: *DIFFERENT TYPES OF MEMORIES*

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| <p>EXPLICIT MEMORY</p> <p>Requires focused attention to consolidate memories</p> <p>Generally, does not start forming until after 12 months of age</p> | <p align="center">SEMANTIC MEMORY (also called declarative memory)</p> <p>Semantic or declarative memory is the memory of general knowledge and facts. It does not involve feelings or sensations. It can be consciously remembered.</p> <p>Example – You remember the capital of France is Paris or that 1 + 1 =2. You remember that Oysters are a good source of Zinc.</p> <p>Impacts of Trauma – Trauma can prevent information (like words, images, sounds, etc.) from different parts of the brain, combining to make a memory.</p> <p>NB – Whilst semantic memory can be consciously remembered, trauma may impact a person’s ability to communicate that memory. EG following WWI it was noted by Charles Myers that some returning soldiers suffered from mutism. Children who have experienced trauma may also experience language difficulties.</p> |
| | <p align="center">EPISODIC MEMORY (sometimes call autobiographical memory_</p> <p>Episodic memory is the autobiographical memory of an event or experience. It includes memories you experienced such as who was there, what they did, when things happened.</p> <p>Example – You remember who was at your school graduation. You also remember this was the last time you ate oysters.</p> <p>Impacts of Trauma – Trauma can shutdown episodic memory or make it seem disjointed. You may recall a memory, but it may not feel like it happened to you or that you were not in your body when the event occurred.</p> <p>NB - The hippocampus (in the temporal lobe and part of the limbic system) is involved in creating and recalling episodic memory.</p> |
| <p>IMPLICIT MEMORY</p> <p>Encoded outside of awareness</p> <p>Implicit memories start forming in the womb</p> <p>Do not involve language</p> <p>Forms in children much earlier than explicit memory. It forms in the womb and is generally complete by 9 mths.</p> | <p align="center">EMOTIONAL MEMORY (sensory memory)</p> <p>Emotional memory is the memory of the emotions you felt or sensations experienced during an event. These memories can be triggered by environmental cues such as a smells, sights or sounds. These memories are experienced in our bodies as physical sensations</p> <p>Example – Fear or anxiety grabs you when you find out you have to go to the dentist. Another example is that someone mentions oysters and you immediately feel sick and screw up your face because you strongly dislike the taste of oysters. Again - You may feel sick in the stomach when you go past a street where you witnessed a terrible accident.</p> <p>Impacts of Trauma – After trauma, a person may get triggered and experience painful emotions, often without context. Think of the song “I was only 19” and the lyrics “why the channel 7 Chopper still chills me to my feet”. A young child who has witnessed a violent argument when staying in a particular location, may get uncomfortable sensations when returning to that location.</p> <p>NB – The amygdala (our inbuilt threat detection system) is involved in many of our emotional memories.</p> |
| | <p align="center">PROCEDURAL MEMORY</p> <p>What It Is – The memory of how to perform a common task without actively thinking (muscle memory).</p> <p>Example – You can play a song on the piano without having stop and read the music. You can drive a car without having to really concentrate and recall how it is done.</p> <p>Impacts of Trauma– Trauma can change patterns of procedural memory. For example, a victim of family violence might unconsciously tense up and hunch over when listening to cross examination about violence that occurred in the household. A veteran may drop to the ground when hearing a helicopter because such behaviour was a necessary survival tool when in a war zone. A child who has become used to cowering in the corner when listening to his parents yell, may instinctively do this in the classroom when his teacher yells at another student.</p> |