# How Trauma Impacts Four Different Types of Memory

# **EXPLICIT MEMORY**

# **SEMANTIC MEMORY**

#### What It Is

The memory of general knowledge and facts.

## Example

You remember what a bicycle is.



# **How Trauma Can Affect It**

Trauma can prevent information (like words, images, sounds, etc.) from different parts of the brain from combining to make a semantic memory.

### **Related Brain Area**

The temporal lobe and inferior parietal cortex collect information from different brain areas to create semantic memory.



# **EPISODIC MEMORY**

#### What It Is

The autobiographical memory of an event or experience – including the who, what, and where.

#### Example

You remember who was there and what street you were on when you fell off your bicycle in front of a crowd.



# **How Trauma Can Affect It** Trauma can shutdown episodic memory

and fragment the sequence of events.

### **Related Brain Area**

The hippocampus is responsible for creating and recalling episodic memory.



# **IMPLICIT MEMORY EMOTIONAL MEMORY PROCEDURAL MEMORY** What It Is What It Is The memory of the emotions you felt The memory of how to perform a common task without actively thinking during an experience. Example Example You can ride a bicycle automatically, with-When a wave of shame or anxiety grabs you the next time you see your bicycle out having to stop and recall how it's after the big fall. done.



# How Trauma Can Affect It

# After trauma, a person may get triggered and experience painful emotions, often without context.

# **Related Brain Area**

The amygdala plays a key role in supporting memory for emotionally charged experiences.



# How Trauma Can Affect It

Trauma can change patterns of procedural memory. For example, a person might tense up and unconsciously alter their posture, which could lead to pain or even numbness.

# **Related Brain Area**

The striatum is associated with producing procedural memory and creating new habits.















