

MEMORY COMPARISON CHART

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IMPLICIT MEMORY

Present at birth and functions throughout the lifespan

The encoding and retrieval of lived experience

Does *not* require conscious attention for encoding or retrieval

Encoded and retrieved in the *procedural steps* of the originating experience

To *encode*, mind needs intensity, duration, and repetition, to be *triggered* only needs a whiff of original experience

When triggered, the past becomes current time experience

Accurate and stable over time

Use and state dependent

No subjective sense of recalling self or time

Made up of emotional, sensory, perceptual, behavioral and body experience, in emotional language'

Establishes mental models, and therefore, "perceptual bias"

Amygdala is the mediating limbic structure, which is *activated* during traumatic encoding and retrieval

When cocooned in the right hemisphere, implicit memory cannot be used for learning, only for reliving

EXPLICIT MEMORY

Functions from 3 years of age throughout the lifespan

The encoding and retrieval of factual (semantic) and autobiographical (episodic) information and experience

Requires focal attention for encoding

Cortical processing selects events to form a part of permanent storage

To learn, mind needs conscious repetition and practice

Recall of the past

Alters over time as influenced by further experience, people, context

Cognitive learning

Sense of recall includes the self and time frame

Made up of facts, mind operations, verbal (linear, semantic) language

Establishes order, sequence, spatial locations time, and dimensional sense of self,

Hippocampus is the mediating limbic structure, which is *suppressed* during traumatic encoding and retrieval

Must be integrated with implicit memory so that implicit memory can become usable for learning

References: Schore, A. (2003a). Affect dysregulation and disorders of the self. New York: W. W. Norton & Company. and Siegel, D. J. (1999). The developing mind: Toward a neurobiology of interpersonal experience. New York: The Guilford Press.