# An Overview of Traumatic Impact on Memory

## Explicit Memory

### Semantic Memory
- **What It Is:** The memory of general knowledge and facts.
- **Example:** You remember what a bicycle is.

### 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.

### Emotional Memory
- **What It Is:** The memory of the emotions you felt during an experience.
- **Example:** When a wave of shame or anxiety grabs you the next time you see your bicycle after the big fall.

### Procedural Memory
- **What It Is:** The memory of how to perform a common task without actively thinking about it.
- **Example:** You can ride a bicycle automatically, without having to stop and recall how it’s done.

## Implicit Memory

### Semantic Memory
- **Related Brain Area:** The temporal lobe and inferior parietal cortex collect information from different brain areas to create semantic memory.

### Episodic Memory
- **Related Brain Area:** The hippocampus is responsible for creating and recalling episodic memory.

### Emotional Memory
- **Related Brain Area:** The amygdala plays a key role in supporting memory for emotionally charged experiences.

### Procedural Memory
- **Related Brain Area:** The striatum is associated with producing procedural memory and creating new habits.

## How Trauma Can Affect It

### Semantic Memory
- **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.

### Episodic Memory
- **How Trauma Can Affect It:** Trauma can shut down episodic memory and fragment the sequence of events.

### Emotional Memory
- **How Trauma Can Affect It:** After trauma, a person may get triggered and experience painful emotions, often without context.

### Procedural Memory
- **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.