

Title: "Different Types of Traumatic Memory "

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Greetings all,

Just a quick note to let you know about a re-posted, dramatically updated essay presenting my teaching on different types of traumatic memory. <https://www.immanuelapproach.com/wp-content/uploads/2025/09/DifferentTypesTraumaticMemory.pdf>

I have included the first page and outline, below, as an appetizer.

Blessings,

Dr. Lehman/Karl

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Different Types of Traumatic Memory

(K.D. Lehman MD first released 7/18/2008, last revised 8/22/2025)

I. Introduction: As discussed at length in "Brain Science, Psychological Trauma, and The God Who is With Us, Part III: Traumatic Memories vs Non-Traumatic Memories," the first and most important distinction is between non-traumatic memories and traumatic memories. When an experience completes its journey through the processing pathway, and all processing tasks are successfully completed, it is stored as a non-traumatic memory. In contrast to a traumatic memory, it will not contain any unresolved, toxic content, it will be easy to access, and any learning associated with it will be much easier to modify.

Non-traumatic memories:

- Experiences that have been completely and successfully processed
- Do not contain any unresolved, toxic content
- Easy to access
- Associated learning easier to modify

Traumatic memories:

- Experiences that have *not* successfully completed their journey through the processing pathway
- Contain unresolved, toxic content
- Difficult to access
- Difficult to modify

Just as it is important to recognize that non-traumatic memories are different from traumatic memories, it is also important to recognize that there are different kinds of traumatic memories. And just as with non-traumatic memories vs traumatic memories, *the different kinds of traumatic memories display **qualitative** differences – they **feel** subjectively different and **behave** differently in ways that are consistent and important.*

II. Importance of recognizing and understanding different kinds of traumatic memories

III. Overview of different kinds of traumatic memories

A. Autobiographical non-dissociative traumatic memories

B. Impaired-hippocampus non-dissociative traumatic memories

C. Pre-hippocampus/pre-autobiographical non-dissociative traumatic memories

D. Traumatic memories dissociated at level 2

E. Traumatic memories dissociated by internal parts

IV. Additional discussion regarding traumatic memories dissociated at level 2

A. Much more difficult to access

B. Feel subjectively different – “reliving” as opposed to “remembering”

C. Flashback packages “play” differently than memories packaged by the hippocampus

D. Flashback packages formed when hippocampus “offline”

V. Additional discussion regarding traumatic memories dissociated by internal parts

VI. Dissociation protects from greater damage

VII. Dissociative phenomena include *Both* free will choice *and* involuntary neurology