

Title: New Essay & Video: "Suggestion, Recovered Memories, and Memory Errors/False Memories"

October 11, 2019

Greetings all,

Just a quick note to let you know that I have just posted another essay, "Discerning Truth in Memory," which addresses the important topics of recovered memory, suggestion, and memory errors/false memories (link below). I have also included a You Tube link to a recent thirty-minute summary I presented on this topic.

Intro paragraph: My perception is that some who work with "recovered" traumatic memories lose credibility by denying *all* memory error concerns in their reaction against the "false memory" movement. I believe that it is much wiser to non-anxiously acknowledge any legitimate concerns about memory errors, *along with* careful discussion of the evidence showing that repressed and dissociated memories are real phenomena that contain historical truth. In this essay I discuss legitimate concerns about the possibility of memory errors. I discuss why it is *so* important to not suggest specific details regarding traumatic events and to not use imagination/guided imagery tools to "search" for traumatic memories, and why it *so* important to be cautious about making specific accusations on the basis of remembered traumatic events. In this essay I also discuss the compelling evidence proving that repressed memories and dissociated memories are real phenomena, and the evidence indicating that most "recovered" memories have a core of historical truth. I discuss why it is *so* important to not dismiss all recovered memory because of the possibility of memory errors.

Essay: <https://www.immanuelapproach.com/wp-content/uploads/2019/10/DiscernTruthInMemory.pdf>

You Tube Video: <https://www.youtube.com/watch?v=j0xVZwu14AQ&feature=youtu.be>

Blessings,

Dr. Lehman/Karl

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