

Kayla Currens





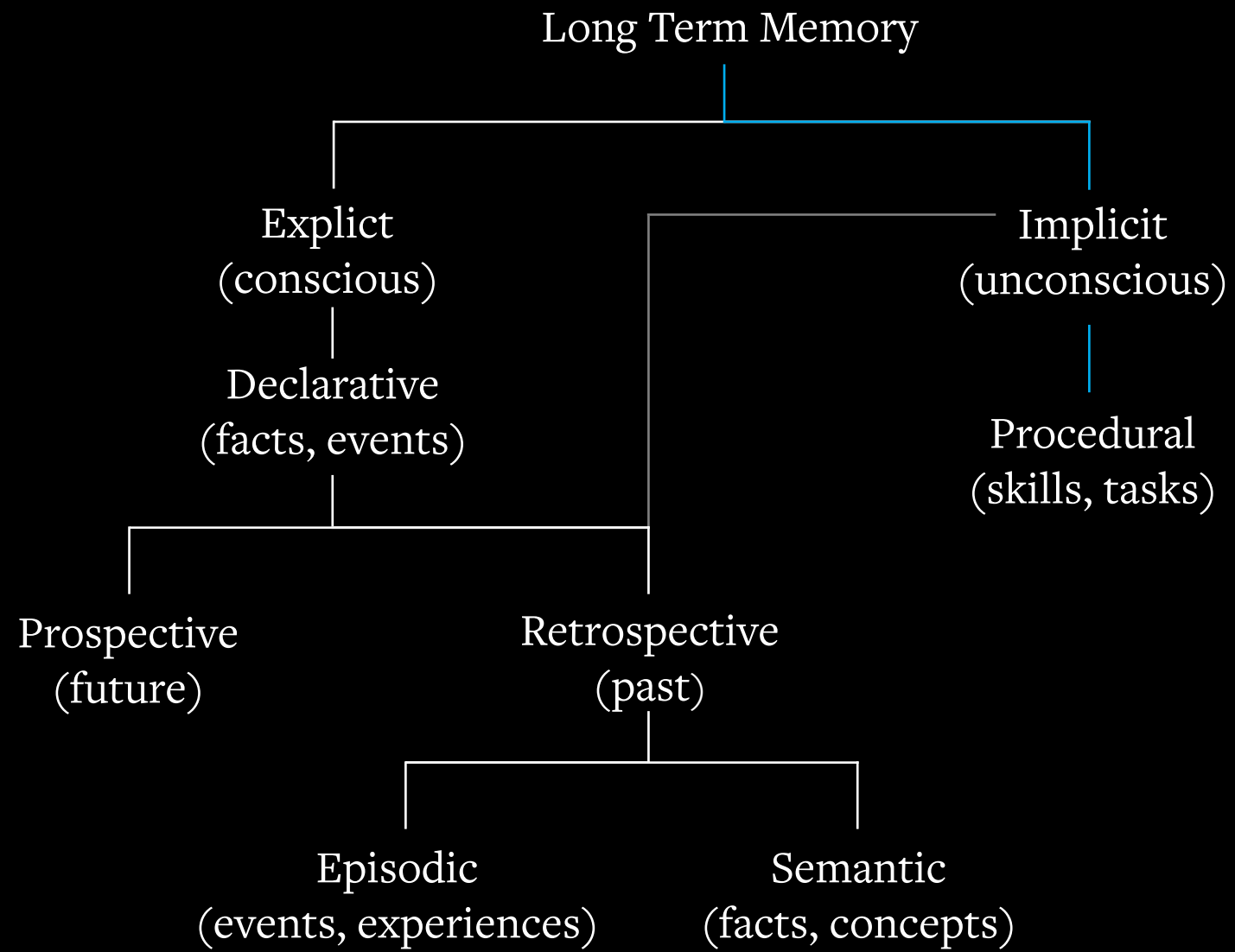
2001

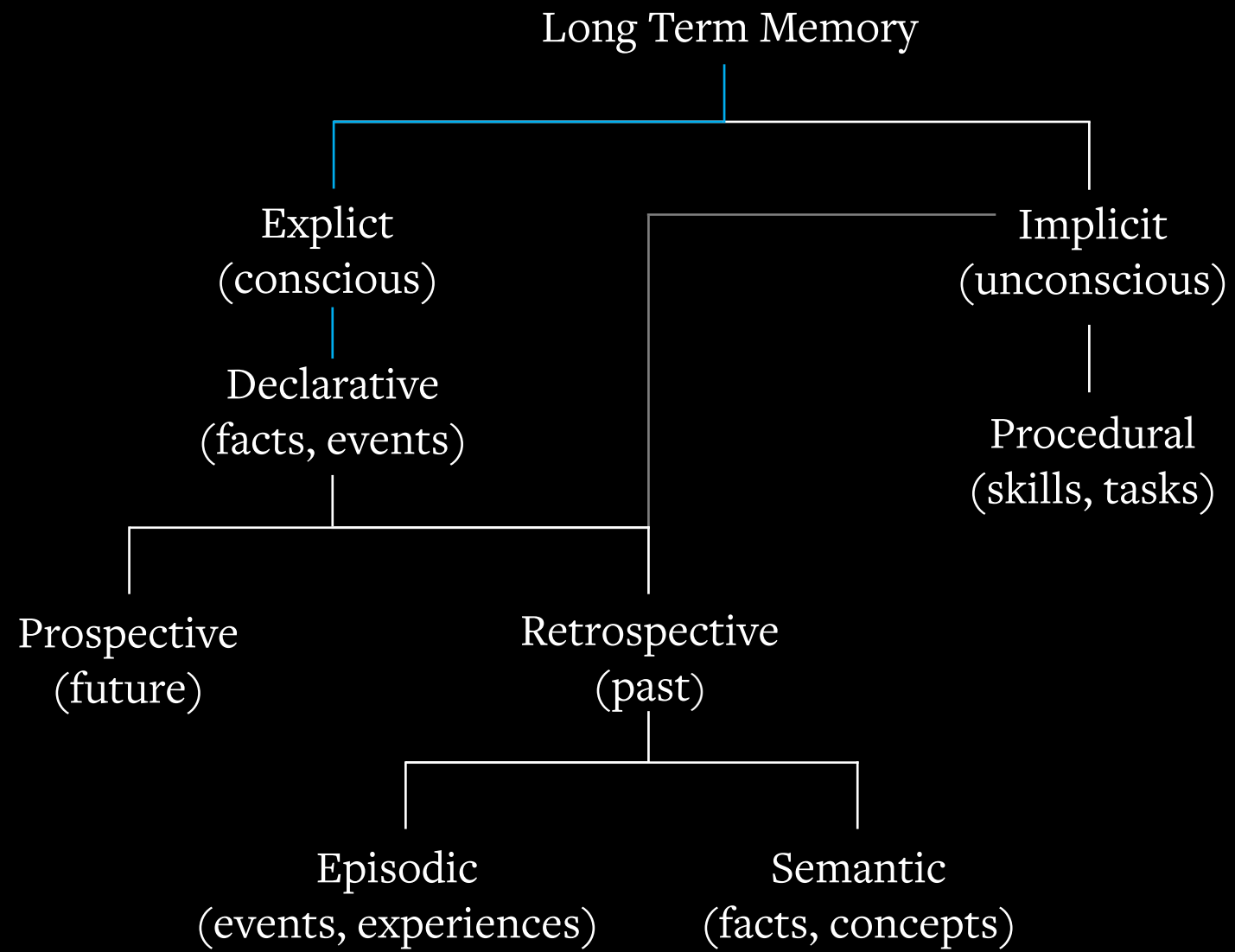
Retain

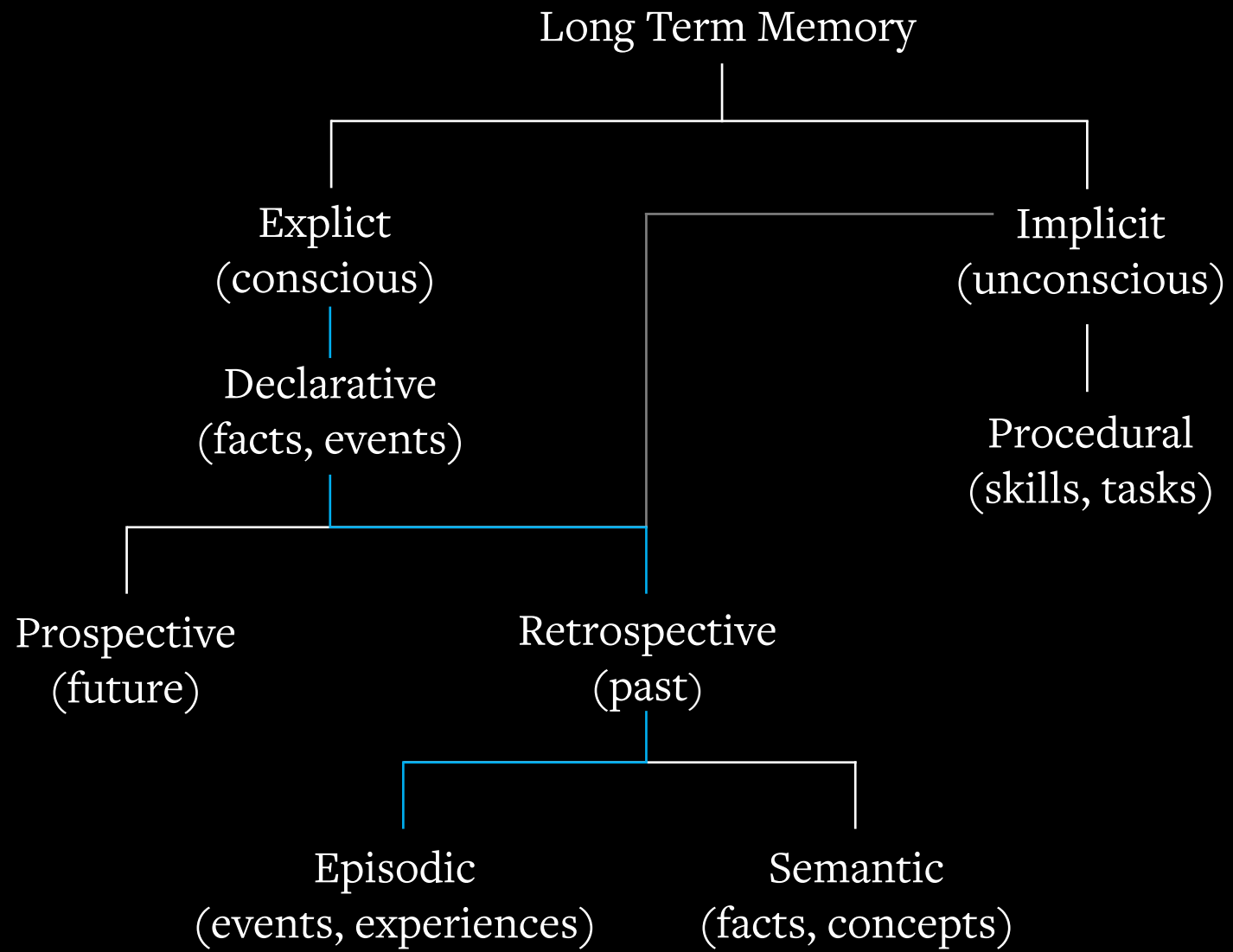
Remember

Reflect

Recap







Retain

Remember

Reflect

Recap

Involuntary Memories

“...Involuntary autobiographical memories generally come to mind when attention is nonfocused (such as during relaxation, routine tasks, or moments of distractions).”

Dorthe Berntsen, 1998





Proust effect: The vivid reliving of events from the past through sensory stimuli.

“The Proust Effect” by
Cretien van Campen



“Such memory...overthrows the order of time and makes
one live in another period.”

Esther Salaman, 1982

“...Involuntary memories are common in everyday life and deal with a broad range of personal experiences associated with positive, negative, and neutral emotions.”

Berntsen, 1996, 2001, 2002;
Berntsen & Rubin, 2002;
Brewinn, Christodoulides &
Hutchinson, 1996

Retain

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Recap

Creation of a reflective experience engaging the five senses to evoke memories

Klexos: The art of dwelling on the past

John Koenig

Retain

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Creation of a reflective experience engaging the five senses to evoke memories

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Provide a break from the everyday routine

Creation of a reflective experience engaging the five senses to evoke memories

Provide a break from the everyday routine

Encourage people to be still, remember, and reflect on memories that come to mind

“Maybe we should think of memory itself as an art form...”

John Koenig

Thank you

Works Cited

Berntsen, Dorthé, and Nicoline Marie Hall. "The Episodic Nature of Involuntary Autobiographical Memories." *Memory & Cognition* 32.5 (2004): 789-803. Print.

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