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978-1-107-03987-2 - Clinical Perspectives on Autobiographical Memory

Edited by Lynn A. Watson and Dorte Berntsen

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## Clinical Perspectives on Autobiographical Memory

Autobiographical memory plays a key role in psychological well-being, and the field has been investigated from multiple perspectives for more than thirty years. One large body of research has examined the basic mechanisms and characteristics of autobiographical memory during general cognition, and another body has studied what happens to it during psychological disorders, and how psychological therapies targeting memory disturbances can improve psychological well-being. This edited collection reviews and integrates current theories on autobiographical memory when viewed in a clinical perspective. It presents an overview of basic applied and clinical approaches to autobiographical memory, covering memory specificity, traumatic memories, involuntary and intrusive memories, and the role of self-identity. The book discusses a wide range of psychological disorders, including depression, posttraumatic stress disorder, borderline personality disorder, and autism, and how they affect autobiographical memory. It will be of interest to students of psychology, clinicians, and therapists alike.

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## Preface

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Most chapters in this book were given as invited addresses at the conference “Clinical Perspectives on Autobiographical Memory,” held in Aarhus, Denmark, on June 11–12, 2012. The conference was the third in a series of conferences held at Aarhus University dedicated to the study of autobiographical memory. The conference involved more than 100 participants from around fifteen different countries. It brought together some of the most outstanding researchers investigating autobiographical memory from a variety of clinically relevant perspectives with the aim of facilitating scientific exchange in the rapidly growing research area of autobiographical memory and psychopathology. The conference was hosted by the Center on Autobiographical Memory Research (CON AMORE) at Aarhus University and was sponsored by the Danish National Research Foundation’s Center of Excellence Program (DNRF93).

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