Chapter 6: Section 2: Memory and Forgetting

AllPsych Mind, memory, and psyche in SearchWorks

The Spiritual Key to the Psyche: A Metaphysical Answer to Modern

Cognitive psychology is the study of mental processes such as attention, language use, memory, perception, problem solving, creativity, and thinking. Much of psychology focuses on how the mind and brain work, and how people learn and remember information.

There are two kinds of memory — short-term and long-term. Short-term memory is the kind of memory our brain uses to store small pieces of information. Long-term memory is where we store more detailed information. For example, you might remember the phone number of your friend, which is an example of short-term memory. You might remember where you parked your car, which is an example of long-term memory.

The psyche is often used interchangeably with the term "mind" in psychology. It refers to the total mental and emotional make-up of an individual. The psyche includes both the conscious and unconscious aspects of the mind.

The collective unconscious exerts overwhelming influence on the minds of individuals. The psyche is today most often interpreted as synonymous with mind or, in a spiritual context, the soul. It is both a non-material “hard disk” that stores memories as well as a storage device for the word soul.

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