# Chapter 20 Stress, Trauma, and Memory in PTSD

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# Abstract

PTSD is a debilitating disorder that is precipitated by exposure to a traumatic stressor. A hallmark feature of PTSD that sets it apart from other mental health disorders is the presence of recurring intrusive memories of the traumatic event. However, PTSD also impacts memory systems in other ways. Episodes of dissociation during and after the event can lead to memory gaps. Fear extinction, learning, and recall are impaired and episodic memory or recall of daily events can be compromised. This chapter explores the neurobiological, psychological, and cognitive underpinnings of these memory disturbances in PTSD and the implications for treatment.