Gaël Malleret
Chargé de Recherche au CRNS, Centre de Recherche en Neurosciences de Lyon - Inserm U1028 - CNRS UMR5292

Title: Adaptive Forgetting

Abstract: For many of us, forgetting represents the unpleasant experience of a temporary or permanent loss of memory. This memory loss is particularly disturbing for the lives of patients with Alzheimer's disease. However, forgetting is not always detrimental and can be considered an adaptive process allowing us to unlearn information that is no longer relevant. Adaptive forgetting may also prevent the occurrence of pathologies such as post-traumatic stress disorder or depression when it is emotionally negative events of our lives that are forgotten. With this presentation, we will see that several forms of forgetting coexist. We will try to understand their physiological bases and see why forgetting can also allow us to better memorize and improve our everyday lives.