

RIGHT BRAIN/LEFT BRAIN THINKING:  
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In my thinking ... the difference between left and right hemisphere contribution to memory can be loosely thought of in the following way:

Streams of information enter both hemispheres ... the RH is apt to maintain a continuous 'movie like' or 'episodic' depiction of this stream ... the LH is apt to organize (i.e., file) this stream into discrete categories of semantic construct and ideas (i.e., language). So, the LH is labeling and filing .. the RH is recording.

**But systems are interactive:**

The RH will play a role in representing physical/visual representations of LH semantic-categorical structures that arise as the LH organizes info into semantic-categorical constructs .... also .. highly familiar elements of a given RH recording (including a recalled episodic trace) will trigger LH language representations-aiding the LH labeling/organizing process.

Furthermore, LH language constructs may trigger RH visual analogs which may then also trigger associated RH episodic traces ...

**Left/Right Training:**

RH training could involve increasing one's capacity for episodic capturing of experience ... and ... for visualizing in service to LH semantic-categorical structures.

LH training could involve building semantic-categorical structures ---i.e., building semantic relationships that allow for robust and multiple semantic access points to retrieve a given memory (and this is benefited by having these constructs be associated with RH visual depictions- even episodic depictions) ....

**Integrative Training:**

However, the real point of training is to become aware of all means by which information can be stored and learn to use them all proactively and in balance ... i.e., tie things together (semantic-categorical, visual, episodic).

Some are naturally inclined to defer toward a single route (for example: some people are better with names, some are better with faces) ... the point of left/right training would be to get everyone to use all routes in balance ....

1) LH and L/R integrative training: LH building categorical–semantic structures (associated with well formed RH visual analogs– and when relevant episodic traces)

2) RH and R/L integrative training: RH increasing ability to generate episodic imprints and then store these imprints in association with LH semantic–categorical structures– and to generate RH visual analogs in service to LH semantic–categorical organization processes

One approach emphasizes the visceral episodic nature of experience and then creates access points via semantic – categorization ....

One approach emphasizes the semantic–categorical nature of experience and creates access points via visual and associated episodic depictions ...

The key is to proactively create multiple **integrated** access points using both left and right hemisphere processes.