

## interview

# “Everybody needs its personal mnemonic”

Neurologist Bernhaut about the technique of mnemonic

Sascha Bernhaut, neurologist at the Viennese private clinic in Doebling

*FORMAT:* “Mr. Bernhaut, all techniques to increase retentiveness are based upon learning to think in pictures. Why that?”

*Bernhaut:* “The eye is a sense organ that appears in pairs. Impressions are memorized and “filed” like Polaroid pictures. How good the memory achievement ultimately is depends on the genetic preconditions but also on the concentration span, learned cognitive abilities and of course on what type of perception you are.”

*FORMAT:* “How can you find out what method is best for oneself?”

*Bernhaut:* “There are different ways to achieve that goal. Everybody has to deduce and internalize its individual method under the propagated techniques. That is the only way to build its personal mnemonics.”

*FORMAT:* “Do you have concrete tips for that?”

*Bernhaut:* “You can observe your own learning techniques, for instance. In psychology we differentiate between visual types, who memorize impressions like copies, and acoustic types, who memorize analytically. Most of us are hybrid types but one tendency thereby outweighs to memorize things optimally.”