



# **Memory Reconsolidation: Chapter eight. Using Reconsolidation and Extinction to Weaken Fear Memories in Animal Models**

*Carolyn E. Jones, Marie-H. Monfils*

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Animal models of fear conditioning provide insight into ways to reduce the intensity of a fear memory and attenuate its associated response. Two popular methods to reduce fear in animals are extinction, in which the animal is repeatedly exposed to the fear-inducing stimulus in the absence of any negative outcome, and reconsolidation blockade/update, in which the fear memory is reactivated and targeted directly using pharmacological blockade or behavioral updating mechanisms. Combining the strengths of both extinction and reconsolidation may allow researchers to persistently reduce the fear response after conditioning in animals and develop a translational model for treatment of fear and anxiety-related disorders in humans.

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