Abstract
The studies of the Communication are relatively recent, some comunicólogos consider that their beginnings go back to 1948 with the theory of Wiener. But in this historical course innumerable theories and models have arisen that they try to explain the communicative act. For that reason there is disparity in the conception of the same one since its object of study clearly it is not defined. This article gives account of this problematic one in the first part and it makes a proposal in winch to which it must be understood by communication. In the second part, it presents an approach from cognitive psychology, with the purpose of understanding the communication like paradigm of the mind.