A review of almost all anti-polygraph websites reveal that most CM techniques have been pulled from either the polygraph.com or the antipolygraph.org websites.

Rather than having you read the 219 page “The Lie behind the Lie Detector” by G.M. and G.S.

Or read D.W. 19 page booklet, “How to Sting the Polygraph” and view his online video for the price of $34.95

We will go over the specifics that they identify for “beating the lie detector”

This will be followed with a laboratory exercise so you can practice their techniques with biofeedback

Afterward, we will review the test data to help you identify physiological features that are atypical.
Block Objectives

- Identify suggested Internet CM techniques
- Explore the Internet CM techniques in detail
- Practice using the Internet CM techniques
- Identify atypical features produced by the Internet CM techniques

- **ID CM techniques** – Go to any anti-polygraph site – all of the CM techniques are similar – Many sites offer free training in how to beat the polygraph

- Explore CM techniques in detail – This slide show will discuss how to do the various CMs and will provide Internet examples

- **Practice** – Many Internet sites say, “Practice, Practice, Practice.” We will give you that opportunity with biofeedback.
  
  - This will be followed with an exam where you will choose two CM and will perform them during the exam.

- **Identify atypical physiology** – We will review the exams in the classroom and discuss the atypical physiology present.
• G.M. resides in the Hague and is responsible for the site

• Chapter 4 of The Lie Behind the Lie Detector provides detailed instructions on how to use polygraph countermeasures to protect oneself against becoming a false positive

  • Or in the case of being a guilty liar – How to beat the polygraph test

• Well written – site contains the latest Academic polygraph research – and anything that is anti-polygraph.

• Discuss other details
Antipolygraph.org
Breathing CM

- Breathe normally 15 to 30 CPM
- Maintain this cycle from the time the PN tubes are place on until taken off
- At PLC/DLC/Irrelevant in RI – pick one of five NCCA diagnostic criteria
  - Criteria on the next 5 slides
- Mirror this criteria for 5-15 seconds
- Add mental CM or TB to accompany breathing CM

• Breathe normally – Every anti-polygraph site tells the examinee to breathe normally. Why do so many examiners insist on giving BI where they tell the examiner to ‘breath normally?’

• Maintain this cycle – breathe normally from the moment PN tubes on until taken off – they have learned from examiners about surreptitious recording of breathing

• Pick 1 of 5 NCCA PN criteria – He has taken NCCA scoring criteria and added instructions on how to produce the criteria & where

• Mirror the criteria for 5 to 15 seconds – Listen, identify the question, answer then mirror the criteria

• Mental CM or TB – Pick one and use with the chosen breathing criteria

• I found 2 anti-polygraph sites that recommended a tack in the shoe
  - Not recommended at antipolygraph.org
• The key to the next 5 slides:
  
  • Read what antipolygraph.org says to do to mirror the tracing.
  
  • Consider what a non-polygraph examiner might do after reading the instructions.

  • Particularly with no bio-feedback

• These are criteria that are used to evaluate polygraph test data using a comparison question technique.

  • If NCCA scoring criteria is used do you think it will look like typical physiology seen during a polygraph exam or do you think it will look atypical? Why? Why not?

  • Contrived data looks contrived – sort of like Marijuana smells like marijuana

  • Look for frequency, specificity & clusters
• When you practice these criteria in the laboratory – think like an examinee with no polygraph experience – manipulate your breathing as instructed.

• G.M is a fast learner. Early during his website he told people to take a breath and hold it. Someone told him that holding at the top of the cycle was suspected CM so he tells people to make sure it is at the bottom of the cycle.
• Follow the instructions exactly. Remember, think like a non-polygraph examiner.

• Also remember, they more than likely have something to hide so there is an added cognitive burden.

• **Question:** If the examinee has deliberately slowed their breathing for 15 seconds (*they will often wait until they hear the next question*) and you (the examiner) ask a relevant question – What is going to happen in the PN channels at the relevant question?

  • The answer: The examiner are hosed.
  • For every action there is a reaction.
  • A irrelevant question should be asked.
• Have the class try to replicate this breathing feature while in class.

• Follow the directions given on the antipolygraph.org site.

• What do you think the tracing will actually look like during a polygraph test if you have a non-examiner attempting to replicate this feature?
The instructions say to take several shallower breaths for 5 to 15 seconds then return to one’s baseline pattern before the asking of the next question.

What is a shallow breath and what does it look like on a polygraph instrument?

• Every person will have a different definition of shallow breathing.

• If an examinee is already stressed their breathing may be ragged. If they add shallow breathing to breathing that is already ragged – guess what it will look like on a chart.
Progressively Decreasing in Amplitude: Breath shallower gradually for 5 to 15 seconds before returning to one’s baseline breathing pattern, ending before the asking of the next question.

• This is another instruction that is easily read, but what is “breath shallower gradually for 5 to 15 seconds? What will it actually look like when contrived?
• **Mental CM**: All websites discuss mental CM.
  
  • Usually a difficult math problem requiring concentration
  • Excitable images such as a sex act, car accident, assault, etc.

• **Tongue biting** – Depending on the website
  
  • Some discuss tongue biting
  • Others cheek biting
  • Also cover pushing tongue against the roof of the mouth or against teeth.

• For the exercise today – either use a mental CM or a TB – do not use both

• However, do use one of the breathing criteria with the mental CM or TB
  
  • Use only one of the breathing criteria for each comparison question.
Antipolygraph.org
CM & the R/I Test

- He suggests attacking a different “relevant” question over several charts in order to avoid a pattern
- He also suggests using behavior CM
  - Dress professionally
  - Have professional reading material
  - Mirror the examiner
  - Compliment the examiner (don’t go overboard)
  - Be on time – Do not cancel
Antipolygraph.org
Post Test Interview

- Be concerned and puzzled – offer some explanation that cannot be considered an admission:
- “All I can think of is that I’ve always felt guilty when I’m accused of something.”
- “The only thing that comes to mind is that I’m in the middle of reading a Tom Clancy novel which involves espionage/drug dealing.”
- “I recently heard that an old childhood friend died of a drug overdose. I haven’t seen him in years. I never imagined he would grow up to become a drug user.”

• Is there anyone in the room that has not heard one of these excuses?
• D.W. developer of Polygraph.com site is another anti-polygraph site that most other sites quote from or attempt to emulate.

• D.W. spent time as a polygraph examiner in the late 1970s.
  • That was 40 years ago
  • Additionally, the school he attended used the polygraph primarily as an interrogation tool during that time frame

• His web site changes every few years as many of his new customers get caught performing CM and contact him with complaints

• The breathing CM in his booklet are somewhat similar to the breathing criteria in G.M.’s site (antipolygraph.org)

• Read his instructions on how to reproduce the pictured criteria, practice the criteria with your polygraph instrument and see what you produce.

• Pick one of his breathing criteria & use either AS or mental CM with
Instructions
Polygraph.Com

- **Chart 1** – use a different breathing CM for each comparison question
- **Chart 2** – use only the AS at each comparison question (be subtle)
  - If unable to be subtle – use mental only
- **Chart 3** – Use mental CM only
- If concerned about getting caught use mental CMs only on the last two charts

• Chart 1 – Follow breathing instructions in Exhibits 1 through 5
  - Pick a different breathing CM for each comparison on chart 1

• Chart 2 – Use the anal sphincter only at each comparison. Be very subtle. (Slowly tighten AS for about 7 seconds after answering and slowly release)
  - Consider placing a towel or heavy Kotex to pad your butt crack to help keeping sensor pad from picking up the AS

• Chart 3 – Use mental CM only (pick a number above 700 and count backwards by 3’s)
Polygraph.com
Other CM Activity

- Attack the key on the ACQT
- Use AS at the same time as breathing CM (be subtle with the AS)
- Don’t take drugs
- Don’t put a tack in your shoe
- Consider placing a towel or heavy Kotex in the back of your pants to cover the AS

• Additional instructions
• These are the 5 breathing criteria that D.W. identifies in his manual

• Compare them against the 5 NCCA criteria identified in G.M. manual

• What is the difference?
  
  • Apnea is the same – but D.W. says to not use it
  
  • Figures 1 & 2 are not listed in G.M. site (he is probably using the old DoDPI ‘stair-stepping criteria’
  
  • Figures 4 & 5 will lead to forms of suppression but the instructions are different from G.M. site
• Williams is attempting to create a stair-stepping increase in amplitude which used to be a scorable criteria 15 years ago

• Follow his instructions exactly when in the laboratory
Figure 2 is manipulated by inhaling more than you exhale each time in a series of 5 small breaths until, with your last breath; you fill your lungs with slightly more than the normal amount of air, just like you are frightened and gasping for breath. You then take 2 deep breaths and resume normal breathing.

• The key here: If the examinee appears to be “gasping for breath” like a fish out of water...probably a CM
• Real apneas are very rare.

• When seen they are usually occur at a relevant question – not a comparison question or an irrelevant question
  
  • Williams had a number of his clients caught using this CM
  
  • He is telling his clients not to use this CM
• If it looks like a kings crown with multiple diadems it is probably this CM
• Push most of the air out of your lungs and take 5 to 7 shallow breaths - What do you think the tracing will look like?

• Attach a non-polygraph trained person to your instrument and have them read the directions for each figure and do it. Look at the results

  • If the results look normal to you – you are getting beat
These instructions have changed repeatedly in Williams manual.

2nd series where he says to “just” manipulate the CV channel – he is talking about doing the AS (VERY SUBTLE)

He also suggests placing a towel or heavy duty Kotex in your underwear separating the “stinger” from the movement sensor.
Polygraph.com
Other CM Activity

- Attack the key on the ACQT
- Use AS at the same time as breathing CM (be subtle)
- Mental CM – count backwards from 700 by 3s
- Other Mental CM – frightening mental image
- Don’t take drugs
- Don’t put a tack in your shoe

* Additional instructions found in Doug Williams manual