

*The Man Who Teaches People How
to Cheat on a Lie Detector Test!*

The Lie Detector Lies

For many years, former police detective Douglas Williams administered polygraph tests. However, he learned early on that the exam was far from accurate. It often ended up finding the innocent guilty and the guilty innocent. Therefore more than 35 years ago Williams launched a campaign to ban the machine, and even began training people how to outsmart it. His activities—which once earned so much respect that Congress passed a law against polygraphs—eventually aroused the ire of the federal government. Williams was entrapped and now sits in jail. Read about the man who claims to know the lie behind the lie detector....



• Aviva Sternfeld

Douglas Williams was very restless on that cold Thursday morning of February 21, 2013. Something about Brian Luley, the man he had just trained, irritated him.

Luley had called two weeks before to schedule an appointment. He introduced himself as a deputy sheriff from Virginia who was now hoping to land a better job with Customs and Border Control. He would need to undergo a polygraph test and he was worried that he would not pass.

Williams reassured the man during the telephone call, promising to prepare him well. He would pass the lie detector test with flying colors.

Now, though, something about the man sitting in front of him made Williams uncomfortable. He began wondering whether he should deal with him at all. In the end, Williams' desire to help people overcome "the machine" so detested, won out.

Guilt and Innocence

Doug Williams had produced manual and audio recordings with advice on how to pass polygraph tests. His methods, he claimed, would help whether the person was telling the truth or lying. If someone really wanted to be sure, though, Williams advertised that he would teach them one-on-one. Luley wanted to be sure.

Williams calls the polygraph a "torture device." He says it has destroyed innumerable innocent people who were forever branded as liars, while helping countless criminals escape justice after they outsmarted the machine. To Williams, the polygraph is no more accurate than flipping a coin.

Working out of a small office in his basement in Norman, Oklahoma, Williams welcomed Luley. From the very first minute, though, Luley acted very differently than all the other clients. He did not look nervous and he barely showed any interest in the polygraph machine on Williams' desk.

Still, Williams proceeded with the training session. He began explaining to

Luley how a normal lie detector test is administered:

There is no such thing as a lie detector. The human species has no special reaction to lies. When one man tells a lie he may have one form of reaction and another man can have a different sort of reaction—or no reaction at all. Even with the same person, the reaction is not always the same. The only thing the polygraph can detect is nervousness, and this reaction that the machine uses to stamp a person as a liar is accurate only about 50% of the time.

Anyone can pass every single lie detector test by simply copying the reactions that the test-giver is looking to see. The polygraph records your blood pressure, your pulse rate, your heartbeats and it measures the sweat on your fingers. The machine also records the rate of your breathing.

Williams went on and on, but his client did not seem to be listening much. Instead, Luley spoke every couple of minutes, hinting about his seedy past. "If I told them that I sold drugs at the prison where I worked as a guard, can they use that against me?" Williams did not respond to the question.

But Luley was persistent: "If I told them that I accepted bribes from people I arrested, will that hurt my chances?" At that point Williams lost his patience. "Keep that kind of dirt to yourself. I cannot understand why in the world someone would say something like that! If that's what you are going to say, better don't go to your test. What is taking the test worth if you are going to create your own problems?"

Unbeknownst to Williams, the entire session was being recorded. He continued with the session and Luley successfully passed a trial test that Williams administered. It was the perfect performance he would need to pass his exam for a job posting with Customs and Border Control.

Williams was very relieved when the session finished and Luley left. But before



Doug Williams' office in Oklahoma.



Williams explains the results of a lie detector test to a client.

Williams could catch his breath the door flew open and federal agents streamed inside.

The Polygraph

The polygraph was invented in 1921. It is used to decide who will be admitted into the CIA, FBI, DEA (Drug Enforcement Administration), as well as police departments all across the nation. The machine is relied upon to choose who will be granted access to classified and sensitive information, as well as ruling for intelligence agencies which sources of information are trustworthy. It is often a deciding factor in whether or not convicts will be released on parole or probation. In short, society relies heavily on the polygraph despite scientific evidence casting doubt on its accuracy.

Supporters of the test argue that it has a 90% accuracy rate. However, the National Academy of Sciences which has done

extensive research on the polygraph, says otherwise. In 2002, the academy published a report that concluded polygraph results should only be given limited weight.

Many experts and psychologists in the United States agree with the National Academy of Sciences. They point out that many successful and well-known spies, including Ana Montes and infamous CIA turncoat Aldrich Ames, successfully passed repeated lie detector tests. In 1998, the Supreme Court ruled, "There is absolutely no consensus from the scientific world that we should accept the polygraph test as accurate and that we can use a polygraph test as evidence in a courthouse." Most American judges agreed.

For the past 35 years, Doug Williams has been the strongest and most outspoken opponent of the lie detector. In addition to his career as a police detective, Williams has also served as a White House aide, a private investigator, a construction worker and even a minister. Nevertheless, his dislike for the polygraph and the war he wages against it dominates his life.

Early in the 1980s, Williams purchased a van in which he installed a bed, a table, a sink and a bathroom. He drove all over America and spoke to anyone who would listen, including journalists. He spoke at union gatherings and even took the stand as an expert witness at a Congressional hearing about the polygraph.

In the past two years, though, Williams learned a tough lesson. He found out the



A polygraph technician administers a test to a suspected criminal at a Texas police station.