

Instructor Resource Guide



Basic Investigative Hypnosis

Course ID# 1009

Continuing Education

Updated: December 2025

ABSTRACT

This course is designed to meet the legislative mandate in HB 3155 passed by the 76th Texas Legislature that amends Texas Occupations Code Chapter 1701. Basic Investigative Hypnosis is designed to teach peace officers the basics of investigative hypnosis history and applicable techniques. Students will learn about the role of the police investigative hypnotist, the ethical and professional aspects of hypnosis, and proper interviewing techniques. The course also covers hypnosis techniques such as induction techniques, deepening techniques, and the use of the Chevreul pendulum.

Instructor Resource Guide:

This is an Instructor Resource Guide (IRG), not a lesson plan. The purpose of the IRG is to outline the minimum state requirements of what must be taught for a course to be considered compliant and receive TCOLE credit. The learning objectives provided in this IRG are the minimum state requirements for the training and must not be removed or altered.

- A qualified instructor **shall** develop the IRG into a lesson plan that meets their organization and student needs and must be kept in a training file for auditing purposes.

Please note: It is the responsibility of the Academy and/or Contractual Training Provider to ensure the IRG is developed into a complete lesson plan based on the requirements outlined in the IRG for a particular topic.

Lesson Plan:

Each organization is charged with creating their own lesson plan for how the organization will disseminate the information in the IRG.

- The IRG is designed to assist the instructor/subject matter expert in developing comprehensive lesson plans. The use of current statistics, best practice models, and scenario-based training should also be included in the lesson plan development. Instructors are encouraged to add additional activities.
- The institutions and instructors will determine how much time is spent on each topic/module, how many/what kind of examples or exercises are used during their presentation, and how in-depth they review each topic in the course they present.
- Any activity that is **suggested** is just that, an example or suggestion, and is not mandated for inclusion.
- Anything that is **required** must be included in the instructor's lesson plan.

Note to Trainers:

It is the responsibility of the Academy and/or Training Coordinator to ensure this curriculum and its materials are kept up to date. Refer to curriculum and legal resources for changes in subject matter or laws relating to this topic as well as the Texas Commission on Law

Enforcement website at www.tcole.texas.gov for edits due to course review. Training providers must keep a complete training file on all courses reported for TCOLE credit.

Student Prerequisites:

- None.

Proficiency Certificate Information:

To receive a proficiency certificate in investigative hypnosis, a student must:

- Successfully complete this course, and
- Pass the Basic Investigative Hypnosis exam presented by TCOLE

Instructor Prerequisites:

An instructor must be a subject matter expert in the topic and must have documented knowledge/training/education and provide an instructor's biography that documents subject matter expertise. It is the responsibility of the training academy/training coordinator to select qualified instructors. A TCOLE instructor certification does not certify someone to teach any topic.

- If a documented subject matter expert does not hold a TCOLE instructor certification, the instructor must be approved in writing by the department's training coordinator or chief administrative officer and kept in the training file for the course.
- This course is to be taught by a documented subject matter expert in investigative hypnosis, or a subject matter expert in the field of investigative hypnosis.

Facility Requirements:

- This class must be held in-person in a standard classroom environment.

Length of Course:

It is the training coordinator's responsibility to ensure the minimum hours are being met. Students are required to attend all classroom hours as listed in this instructor resource guide, there is no 10% attendance rule. TCOLE Rule 218.1 (C)(4) states that failure to meet the minimum course length may be grounds for denial of training. This course shall be taught the minimum hours that are listed in this guide and the student shall attend the entire class to receive credit.

- 40 hours, minimum.

Assessment:

- Training providers are responsible for creating student assessments and documenting the mastery of all objectives in this course using various testing assessment opportunities.

- Assessment opportunities include oral or written testing, interaction with instructor and students, case study and scenario, and other means of testing student's application of the skills taught as the instructor or department deems appropriate.
- The minimum passing score shall be 70%.

Unit 1 Historical Background and the Present State of Hypnosis

1.1 Define hypnosis and hypnotic state.

INSTRUCTOR NOTE: Describe the origin of the word hypnosis in conjunction with the definitions of the hypnotic state.

1.2 Identify the ancient civilizations with a history of using hypnosis.

1.3 Identify the utilization of hypnosis in the past 125 years and its different applications.

- A. Mesmerism
- B. Stage hypnosis
- C. Hypnosis in medicine
- D. Hypnosis in psychology
- E. Hypnosis in criminology

Unit 2 Basic Psychodynamics

2.1 Identify the basic functions of the left and right hemisphere of the brain.

2.2 Identify psychological defense mechanisms.

2.3 Describe the basic brainwave levels and their relationship to hypnosis.

- A. Beta
- B. Alpha
- C. Theta
- D. Delta

2.4 Explain short-term and long-term theories of memory.

Unit 3 Nature of Hypnosis and Theories, Misconceptions, Myths, Possible Dangers

3.1 Identify various myths and misconceptions of hypnosis.

3.2 Identify possible dangerous situations in hypnosis.

Unit 4 Role of the Police Investigative Hypnotist

4.1 Describe the role of an investigative hypnotist.

Unit 5 Victim/Witness Checklist

5.1 List the steps of the pre-hypnosis checklist.

Unit 6 Suggestibility Principles of the Mind

6.1 Identify the purpose of suggestibility principles in a controlled environment when utilizing hypnosis.

6.2 Identify the basic principles of suggestibility.

Unit 7 Hypnosis Susceptibility Tests

7.1 Identify the purpose of susceptibility tests.

7.2 Demonstrate using the handclasp susceptibility technique.

7.3 Demonstrate using the Spiegel eyeroll susceptibility technique.

7.4 Demonstrate using the postural sway susceptibility technique.

Unit 8 Ideometer Responses and the Use of the Chevreul Pendulum

INSTRUCTOR NOTE: Discuss the importance of ideomotor responses for eliciting information.

8.1 Identify the different ideomotor response techniques.

8.2 Identify the various uses of the Chevreul Pendulum.

Unit 9 Antisocial Aspects of Hypnosis

9.1 Describe the possible anti-social aspects of hypnosis.

Unit 10 Ethical and Professional Aspects of Hypnosis

10.1 Identify ethical and professional considerations in investigative hypnosis.

Unit 11 Rapport Building, Interviewing Techniques and Proper Questioning of Witnesses/Victims

11.1 Identify best practices for establishing rapport with a victim or witness to a crime.

11.2 Demonstrate the proper interviewing techniques of a witness/victim.

Unit 12 Induction Techniques Used in Investigative and Forensic Hypnosis

12.1 Demonstrate the various eye fixation induction techniques.

12.2 Demonstrate the various non-verbal induction and kinetic pressure techniques used in investigative hypnosis.

12.3 Demonstrate the various confusion techniques used in the induction of investigative and forensic hypnosis.

12.4 Demonstrate various verbal and non-verbal induction techniques that can be utilized in investigative hypnosis.

Unit 13 Deepening Techniques Utilized in Investigative and Forensic Hypnosis

13.1 Demonstrate the various deepening techniques in a controlled environment.

INSTRUCTOR NOTE:

- Have students, by written or oral examination, demonstrate this understanding to a specified percentage.

Unit 14 Hypnotic and Post Hypnotic Suggestions – Techniques

14.1 Apply proper hypnotic suggestions in a controlled hypnotic situation.

14.2 Apply post hypnotic suggestions properly in a controlled environment.

Unit 15 Religious Attitudes Involving Hypnosis

15.1 Identify the various religions that condone the use of hypnosis.

15.2 Identify the various religions that have objections to hypnosis.

Unit 16 Body Language and its Uses in Investigative and Forensic Hypnosis

16.1 Recognize various body language signals in a controlled environment in hypnosis.

Unit 17 Difficult Subjects and Rapid Techniques of Hypnosis

17.1 Identify the various types of difficult hypnotic subjects.

17.2 Demonstrate various rapid induction techniques.

Unit 18 Hypnotic Techniques for Eliciting Information

18.1 Demonstrate the proper elicitation technique during the investigative hypnosis session.

- A. The movie theatre technique
- B. The time door technique
- C. The calendar technique
- D. Ideomotor finger signals
- E. Visualizing the chalk board technique
- F. Automatic writing techniques
- G. Post hypnotic suggestions
- H. The induced dream techniques
- I. Positive hallucination technique
- J. Negative hallucination technique

Unit 19 Maintaining Deep Hypnosis and Additional Induction and Deepening Techniques

19.1 Identify the various types of deepening techniques.

19.2 Explain the purpose of maintaining hypnosis in an investigative hypnosis session.

Unit 20 Linguistics in Investigative Hypnosis

20.1 Explain the purpose of using proper linguistics throughout the hypnosis session.

INSTRUCTOR NOTE: Be sure to cover the proper linguistics used during the time of elicitation of information.

Unit 21 Proper Techniques for Obtaining a Composite Drawing

21.1 Explain the proper methods and techniques utilized in obtaining a composite drawing during an investigative hypnosis session.

Unit 22 Hypnotic Techniques for Children

22.1 Identify the appropriate hypnosis techniques used in working with children.

22.2 Recognize the differences between hypnotizing an adult and hypnotizing a child.

Unit 23 Legal Status of Hypnosis and Courtroom Expert Witness Qualifications

23.1 List the qualifications necessary for an officer to be certified as an expert witness in a court of law.

23.2 Recall relevant legal cases regarding the use of investigative forensic hypnosis.

Unit 24 Reports and Record Keeping in Investigative and Forensic Hypnosis

24.1 Identify the necessary reports and records for an investigative and forensic hypnosis session.

- A. Audible tape recordings throughout the entire hypnosis interview.

- B. Videotaping throughout the entire hypnosis interview.
- C. Release forms.
- D. Case data sheets.
- E. Ideomotor finger signal data sheets.
- F. Automatic writing data sheets.
- G. Case evaluation sheets.

APPENDIX A

Handbook of Investigative Hypnosis, by Dr. Martin Reiser. Law Enforcement Hypnosis Institute Publishing.

COURSE REFERENCES

Dr. Reiser, M. (1980). Handbook of Investigative Hypnosis. Law Enforcement Hypnosis Institute Publishing.

Investigative Hypnosis, Occupations Code § 1701.403

Statements Obtained by Investigative Hypnosis, Code of Criminal Procedure § 38.24