

Mindhunter: Reality or Fiction? Approach to the World of Criminal Minds

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The cinematographic audiovisual productions give us the possibility of approaching the complex world of psychology, through a multiplicity of stories, where fantasy and reality intersect. The way of linking the characters, their links with others and their particular individual characteristics arouse a unique interest in the public that often feels identified with the stories.

The Mindhunter series, a Netflix production corresponding to the True Crime genre, is characterized by showing in detail the development and implications of a professional team that through its interventions will seek to obtain information that favors the resolution of an ongoing investigation. Some of the elements that are distinguished throughout its development are the interviews with the main suspects and the degree of importance in ascent to everything significant that may add knowledge in behavioral material for the prevention of unfortunate events. Each new relevant information is taken as background to detect certain behavioral parameters.

But what we see in this series is real?

Many of the elements that make up the practice of the psychologist are present through the character of Dr. Wendy Carr as a specialist in sociology and psychopathies. She is part of the group of researchers in the FBI's behavioral science department, creating patterns of behavior among murderers that serve as a livelihood for further investigations.

Psychologists work within the field of human sciences, therefore it is inevitable to ignore our active role in this area of exercise as a fundamental resource in research processes.

The neutrality of the researcher

As can be seen in the series, in the process of developing new resources that facilitate the establishment of certain parameters that allow for the design of preventive patterns to prevent homicides, the research department presents resistance. The need to empathize with the murderer is necessary to gain their trust and from that way to get more relevant information. At that time and context in which the story takes place, this was not a viable option and generated controversy. Although, as we can see, after obtaining results, the FBI behavioral science department obtains significant funds to deepen its investigations.

Mindhunter focuses promptly on the role of the criminalist and its implications, allowing us to know in detail the concerns of the professional and his need to obtain relevant information that allows us to understand the reason for the acts committed by the murderer. Obtaining specific information is an element of preventive construction not only to understand why, but to avoid similar cases in the future.

How do you evaluate the criminal?

As we see throughout the series, many of the sociopathic murderers (social factors) declare that they have not been able to verbally express their difficulties or channel them functionally. That level of repression, along with other triggers, are the main reasons that lead

to atrocities. Ed Kemper, a homicide of schoolgirls who is present during the first season, says that if he could have effectively expressed what he thinks he would not have committed those acts. The impossibility of expressing his dislikes and the lack of manifestation of his emotions along with emotional deficiencies of the family nucleus are some of the reasons that led him to commit the murders.

Many of these factors and the homicide account are fundamental elements in the rehabilitation process, in the event that this possibility exists and a good prognosis.

The Gesell camera, a resource present in the True Crime

Although it is a space for recurrent use in interrogation processes, during the development of the series the detectives do not make frequent use of it since most of the interviews are carried out inside the prisons. Yes we observe the use of recorders and then perform a relief of the story, establishing a detailed analysis of what has been said.

Although we can mention that some of the characteristics of this product may refer to the criminalist's exercise along with its implications, we should not take the professional's role lightly or take what is seen on the screen as sacred.

The insertion of technology and the growth of mass consumption towards screens instead of paper should not only be taken as an impediment, but a possibility of transforming that into a resource for study and analysis that allows us to continue building new learning methods.

Mindhunter provides us with the possibility of entering the dark world of serial killers, allowing us to know some of the characteristics of homicidal thinking. Fiction is an excellent teaching resource that, beyond recognizing that part of their stories may not correspond to reality, can be a facilitator to awaken the vocation of those interested in exercising in that field. Fiction or reality, both elements equally important in terms of training material in the search for professional guidance and subsequent performance.

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