



Minnesota Sheriffs' Association
100 Empire Drive, Suite 222
St. Paul, MN. 55103-1885
651-451-7216

The Minnesota Sheriffs' Association presents a TRI-training day

Topics:

-Inmate Con Games/Art of Manipulators

-Verbal Judo/IPC

-Officer Wellness/Guidelines to Stress Management

February 24, 2026

In-Person at the MSA in St. Paul

Times: 8:00 AM – 4:30 PM

Inmate Con-Games: 2-hour course. The purpose of this course is to instruct corrections and detention officers in the issues that surround inmate attempts at coercing staff into violating institutional rules. Students will come to learn that when it comes to manipulation, no group has more experience than inmates. In this course, we learn the basics of inmate psychology: What drives them to some of the most common ploys, from harmless schemes to dangerous conspiracies and how corrections staff can prevent themselves from being made victims of these dangerous manipulations.

Verbal Judo training: 2-hour course. This block of lecture instruction presents students with material to help de-escalate issues they may face in a housing unit. Students will discuss the correctional officer's do's and don'ts, what to say and what not to say, paralanguage and paraphrasing. Students will also be presented with scenarios to handle.

Officer Wellness- 2- hour course. The purpose of the course is to teach students the body's reaction to critical incidents whether directly or indirectly involved. Discussion will be focused on cumulative stress and the effects on the body and how to deal with it in a healthy way. The discussion will be on officer wellness and Resilience, care of your personal health and wellbeing as you continue with your career in corrections.

Class Location: MCIT Building (MSA Office) 100 Empire Drive – St. Paul, MN 55103

Registration Costs: \$75 per person. This one-day course includes course materials, and break refreshments. Lunch is on your own.

Registration: Register for this training at www.mnsheriffs.org under Trainings

Registration is limited to 32 attendees.

If you have questions or need further information, please contact:

Jason Volkers – Training Specialist

*jvolkers@mnsheriffs.org * 763-276-6570 * www.mnsheriffs.org*

Working for Minnesota Sheriffs since 1885