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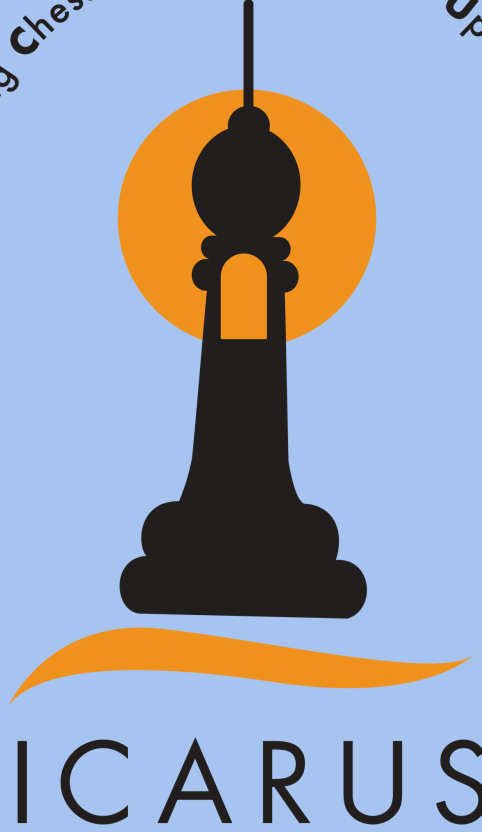
**MODULE N. 1**

**PARTNER: CLUB MAGIC**

**COUNTRY: SPAIN**

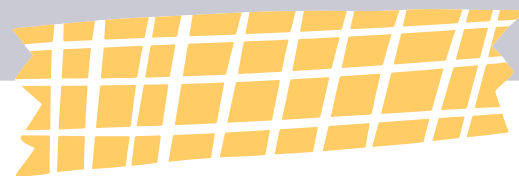
N. 2023-1-IT02-KA220-ADU-000152409

Including Chess As a Re-education Up-Skilling tool





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**TRAINING MODULE:**

# **THE BENEFITS OF CHESS IN PRISON**

**THE ECAM METHOD  
AND “OUR CHESS REINTEGRATES” PROJECT**

N. 2023-1-IT02-KA220-ADU-000152409

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INMATES



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# MODULE'S SUMMARY



N. 2023-1-IT02-KA220-ADU-000152409

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BACKGROUND AND CONTEXT

2

DESCRIPTION

3

TRAINING APPROACH: "THE ECAM METHOD"

4

SCHEDULE

5

OPERATIVE TRAINING TOOLS





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# ABOUT US

Club Magic is a non-profit entity. Created in 2001 in the Spanish region of Extremadura. It combines both the sport and social-therapeutic aspects of chess. In sports, thanks to the leadership of GM Manuel Pérez Candelario, our club that has achieved 4 Spanish Championships and 2 as runners-up, plus a European title in 2007.

In the social field, led by Juan Antonio Montero, we are a highly innovative entity that has created its own method of cognitive training based on chess (ECAM Method), which began to work with different social groups in need of special attention in 2009, we maintain around 25 centers active (10 for elderly people, 2 prisons, 1 for minors, 1 for seniors with early Alzheimer's, Down, Disability, severe mental disorder, and 5 centers for SUD).

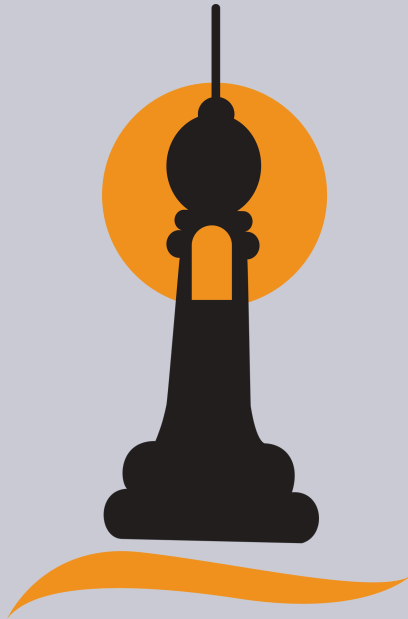
Rodrigo Barbeito is a sociologist with an interest in communities, social interaction and integration. His work about the possibilities of chess as a social and therapeutic tool and has been published by the University of A Coruña (UDC) Rodrigo has experience as a youth worker and chess trainer. Right now, as part of Club Magic, he teaches chess and carries out chess workshops using the methodology developed by Juan Antonio Montero



RODRIGO BARBEITO



JUAN ANTONIO MONTERO







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# BACKGROUND

Our prison program began in 2009 and runs for 9 months / year with a 3-month break in the summer.

We work in two prisons, Badajoz and Cáceres applying our methodology all these years.

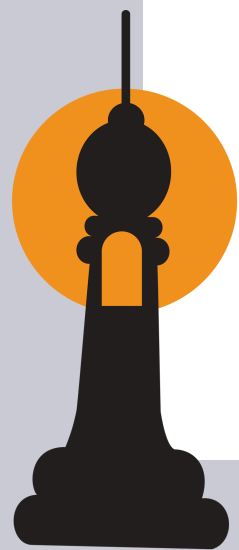
2008: First experiences with chess for elderly people, focused on the cognitive improvement. Ajedrez Saludable program. (Healthy Chess)

2010: We tests this novel approach with new collectives, calling it “therapeutic chess”. (such as prison inmates)

2015: 30 centres for social intervention in Extremadura apply this method.

2016: A training platform is created in order to teach the methodology, and in 2018 it's patented in the USA.

2021: An app called GYMCHES is developed based on our methodology

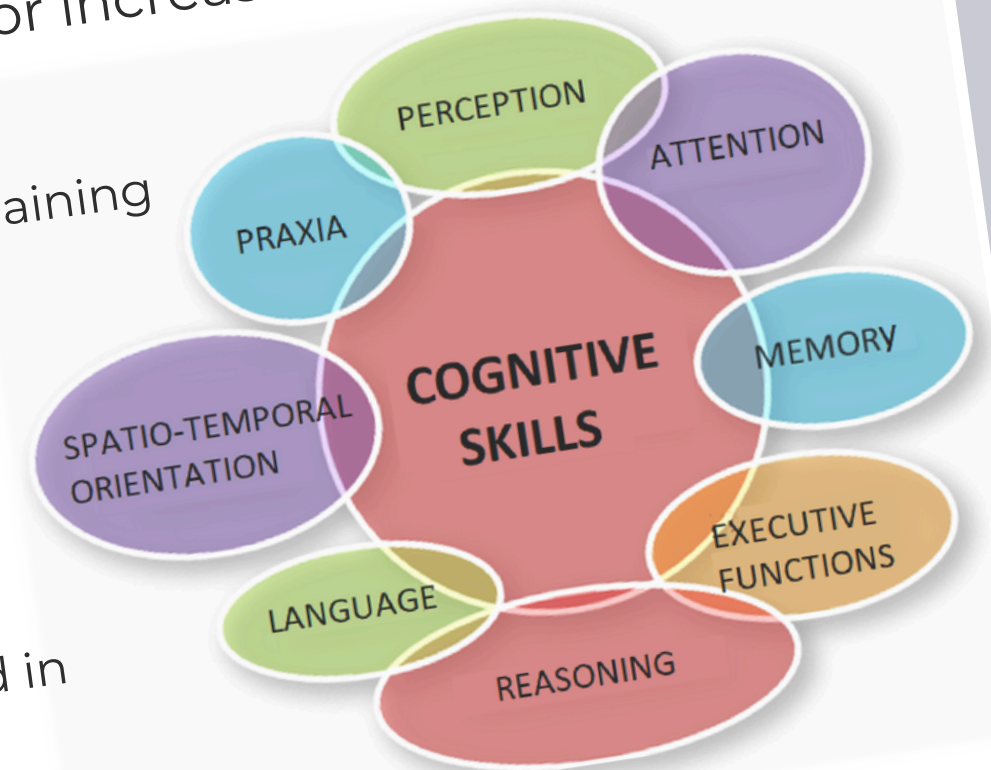


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## How does it work?

The **COGNITIVE TRAINING** is the set of activities and techniques aimed at stimulating and keeping the cognitive functions, or increase them to their peak performance.

- It's a Rehabilitation-Training method very easy to understand.
- Immediate impact (reinforcement).
- Successfully tested in several collectives.
- It is not necessary to know how to play chess.





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# TARGET

1

Prison inmates

2

Trainers/ facilitators

3

Several other collectives

## Total duration

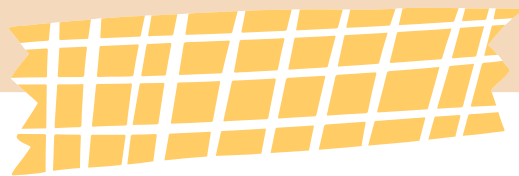
Our workshops with inmates consist of two sessions a week of two hours in each prison  
Since there's no curriculum as in a normal chess course, everybody can join at anytime and participate.

The duration may vary but we strongly suggest than the cognitive training will take most of the time, always giving the chance to introduce a bit of chess (as we know it) during the last part of the workshop.

**Time: 2+2 hours**



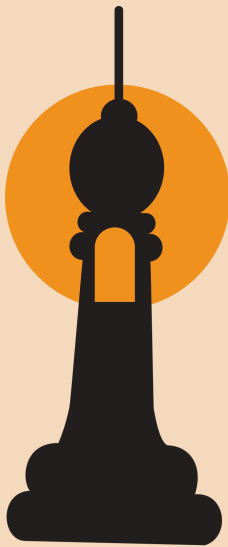
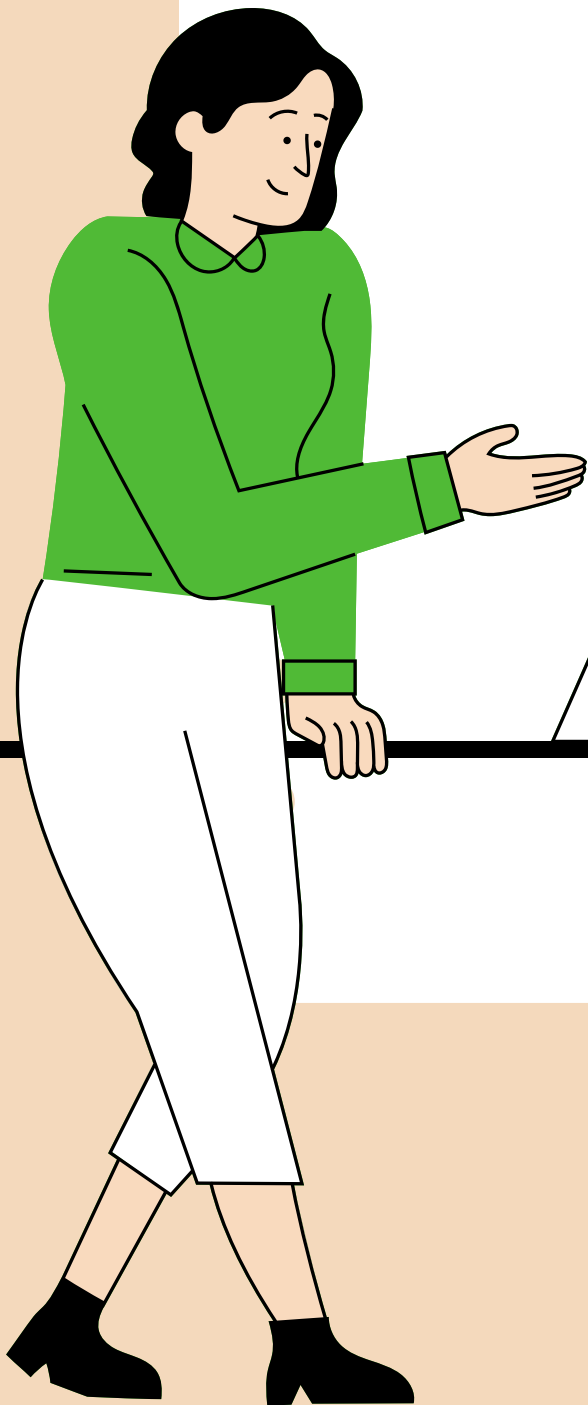
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# LET'S BEGIN!

Are You Ready?

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## ICEBREAKER: PUT YOURSELF ON THE CHESSBOARD



### How to do it

STEP 1: PLACE THE CHESS PIECES OF THE DEMONSTRATION BOARD ON A TABLE AND ASK EVERYONE TO CHOOSE A PIECE AND PLACE IT ANYWHERE ON THE BOARD (ASK THEM TO NOT TO REPEAT THE PIECES IF POSSIBLE). THAT PIECE IS NOW "THE PARTICIPANT'S NAME" AND THEY ALL NEED TO REMEMBER IT.

STEP 2: ONCE EVERYBODY HAS PLACE THEIR PIECE ON THE BOARD, ASK THEM WHICH PERSON IS EACH PIECE (E.G: WHO IS THE QUEEN ON d6?)

STEP 3: NOW ASK THEM TO MOVE "PERSON 1" NEXT TO "PERSON2" ON THE BOARD AND SO ON... DO IT A COUPLE OF TIMES.

STEP 4: NOW THAT EVERYBODY NOWS WHO IS WHO ON THE BOARD AND NOW THAT YOU CHANGED PLACES SEVERAL TIMES, REMOVE ALL THE PIECES AND ASK THE PARTICIPANTS TO TRY TO REMEMBER WHERE THEY WERE.







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# WHAT'S ECAM?

1

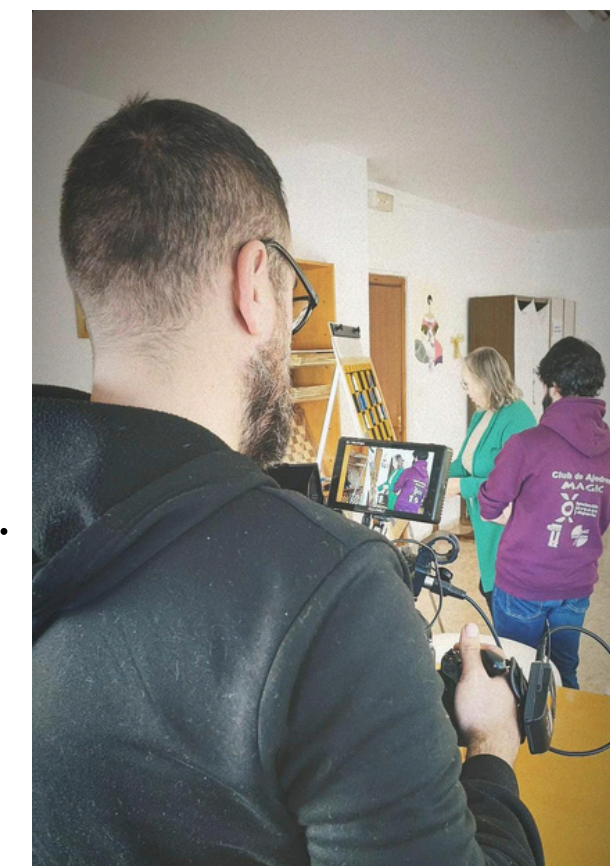
Our own  
methodology

2

A cognitive  
training

## From experience, we have applied it to several collectives:

- High capacities.
- Aging without cognitive decline.
- Detention centres with prison population.
- Cognitive decline due to addictions (TT.CC.)
- Neurodegenerative diseases.
- Acquired brain damage
- Mental disorders.
- ADHD and ASD.
- Disabilities.
- Down syndrome.
- Parkinson's disease.
- Homeless people .
- Young offenders.



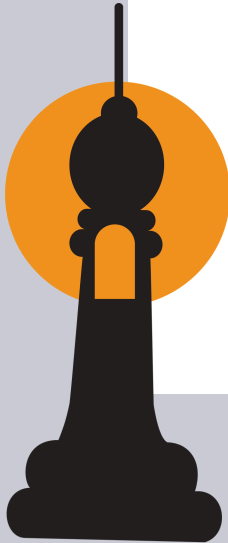




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# AIM / GOAL

Motivation, participation, believing in what is done, optimism... These are the main features of the ECAM method





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# LEARNING OUTCOME

- Motivation
- Participation
- Believing in what is done
- Optimism...
- These are the main features of the ECAM method





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# TRAINING APPROACH

## BASIS OF THE ECAM METHOD

**CHESSBOARD  
+ PIECES**

**COGNITIVE  
FUNCTIONS**

### PEDAGOGY OF SUCCESS

- **Errorless learning.** Gradual exercises from great to lesser difficulty minimizing the probability of error.
- Follow up of the **complete methodology** during each session

### EXERCISE DESIGN

- Different types created according to different cognitive functions. For example, in attention: sustained attention, focal, selective, divided, alternating.
- No chess knowledge is needed.





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# TRAINING APPROACH



- Individualized within the group: group sessions where the exercises are performed individually
- **Active and participative:** a sense of group is created, and they feel the progress of others as their own.
- **Motivational and immediate reinforcement** (adherence to the method): recreational system and encourages self-improvement.
- Methodology **especially attractive to women**. High participation rate.

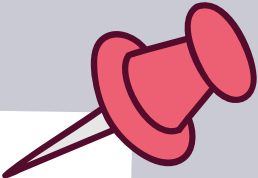


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# SCHEDULE

\*This has been designed to be  
escalated depending on the  
available time



## TRAINING DAY

1. Icebreaker

2. Setting the ground  
rules

3. ECAM: Attention

### COFFEE BREAK

4. ECAM: Memory

5. ECAM: Reasoning

6. Q & A + games

1. Welcome, self-introduction and  
ice-breaking activity.

2. Illustration of the working  
methodology: the focus will be on  
everyone's participation.

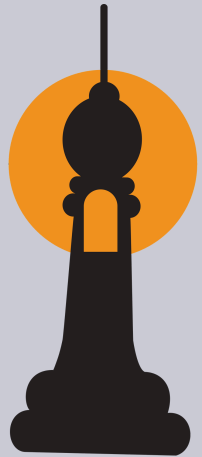
4. Simulation of ECAM exercise

4. Simulation of ECAM exercise

5. Simulation of ECAM exercise

6. Questions and debriefing. / Time  
to play chess-related games

**TOTAL TIME: 2.5 HOURS**



20 MIN.

10 MIN.

30 MIN.

30 MIN.

30 MIN.

30 MIN.





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# ATTENTION



## How to do it

We set a non chess position on the board. (As shown on the image)

And we aske the participants to focus their attention to what we say. For example, without the pawns, how many white pieces are on black squares?

We can think of several questions and increase their difficulty depending on the interest and hability of the participants.





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# MEMORY



## How to do it

We set a non chess position on the board. (As shown on the image)

First, we are gonna set a chain of pawns, which is going to be our reference on the board. We will give the participants a minute to memorise it and then we will ask one of them to try to put them back on the board. Afterwards we will add more and more pieces. The point of the exercise is to show how if we structure the information we need to memorise we will be able to remember a larger number of pieces and positions.







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# REASONING



## How to do it

We set a non chess position on the board. (As shown on the image)

We ask the participant to say all the pieces in a particular column or row (but we tell them to say the opposite colour of the piece and the square).





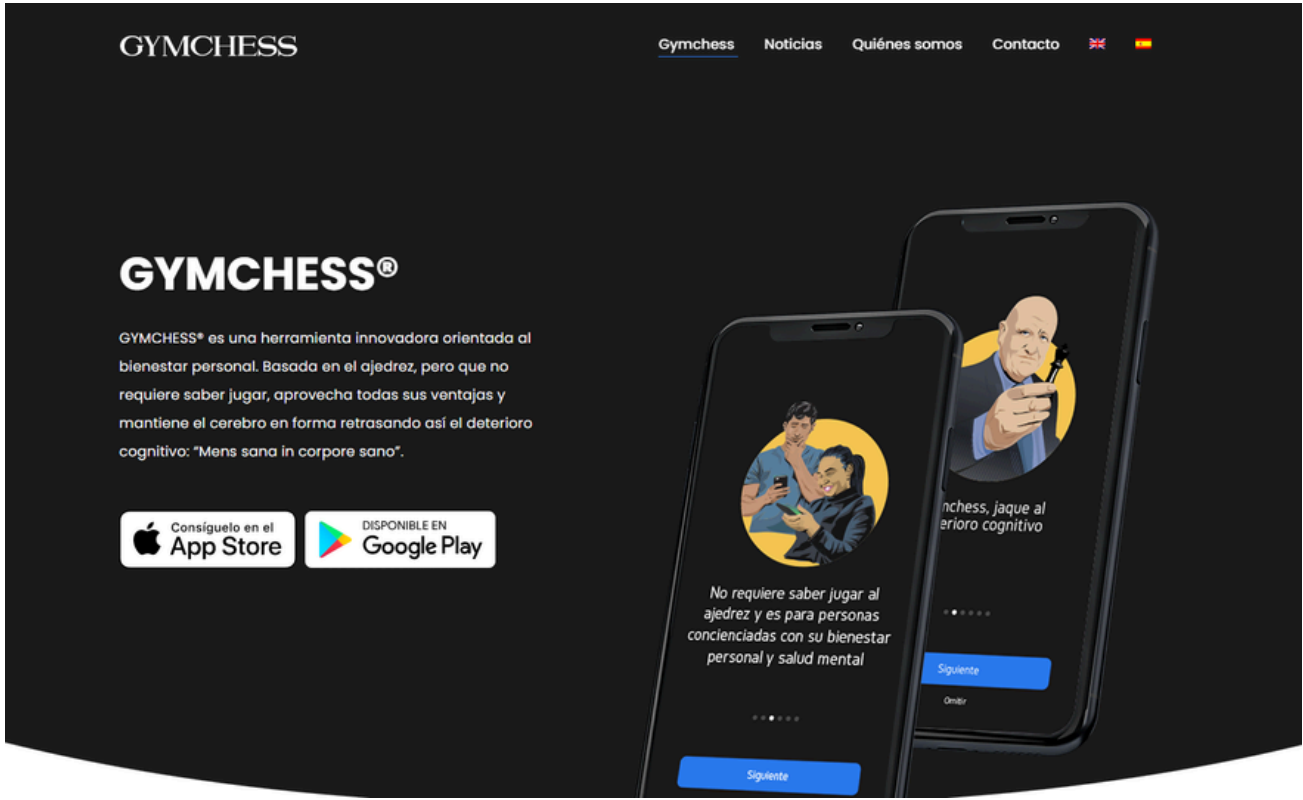
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GYMCHESS



## Our methodology in one app

We invite trainers and facilitators to download our app where they will have hundreds of exercise at their dispose





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## Authors

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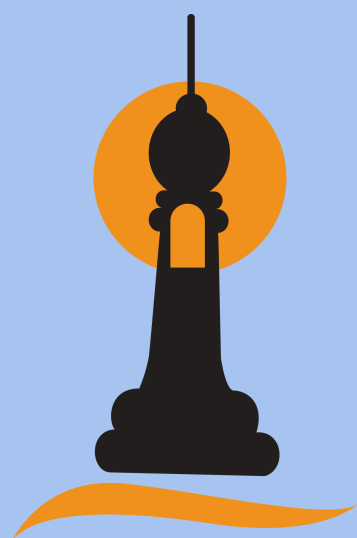


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Including Chess As a Re-education Up-Skilling tool

