

INTERNATIONAL DAY OF APPLIED CHESS

• 8 OCTOBER 2026 •
6:00 p.m. CEST



ISAC

International Society
of Applied Chess



ONLINE EVENT
FOR EVERYBODY



FREE OF CHARGE

An introduction to therapeutic chess – background, methods and applications

*Explore the science, methods and real-world applications of
therapeutic chess for mental health and cognitive well-being.*

PROGRAM



6:00 p.m. –
6:15 p.m.

• **Sabine Vollstädt-Klein:**
Welcome & introduction,
scientific background



6:15 p.m. –
6:30 p.m.

• **Nadezhda Kuzerman:**
Chess Therapy Program at the Rehabilitation
Center "Chovekolubie"



6:30 p.m. –
6:55 p.m.

• **Juan Antonio & Rodrigo Barbeito:**
Entrenamiento Cognitivo a través del Ajedrez
o Cognitive Training through Chess (ECAM),
Introduction, exercises, experiences
and applications



6:55 p.m. –
7:05 p.m.

• **Asier Rufino:**
GYMCHES®, introduction
and overview



7:05 p.m. –
7:20 p.m.

• **Roland Schmitt:**
Chess-Based Cognitive Remediation Therapy –
Manual for group interventions,
introduction & exercises



7:20 p.m. –
7:40 p.m.

• **Àlvar Farré-Colomés:**
clinical studies, results and conclusions



7:40 p.m. –
7:55 p.m.

• **Q&A session**



7:55 p.m. –
8:00 p.m.

• **Sabine Vollstädt-Klein:**
wrap-up and farewell



Open to everyone
interested in how
chess can support
cognitive health,
mental well-being
and personal growth.

JOIN US!



More information: <https://isac-appliedchess.com/index.php/en/events-en>



Registration to take part via Zoom

https://bit.ly/ISAC_Reg2026

Date: 8 October 2026

Time: 6:00 p.m. CEST (Central European Summer
Time)



Scan to register

Contact:

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Zentralinstitut
für Seelische
Gesundheit



MAGIC
Club de Ajedrez