

# Individual Consulting on a Chess Model in a Complex for Social Services “Chovekolubie”



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- „Chovekolubie” association – provider of social services
- Complex for social services "Chovekolubie" – support and care for people with mental problems
- Case management – a basic method in social work
- Individual consulting in social work – specific method of dealing with problems and personal development



# Application of the chess game for therapy, consulting, training

- **Razes** – 9th century, Persia, use of the chess game for consulting, life skills training and therapy
- **Fernando Moreno** – 20 century, USA, consulting and learning through chess
- **Jose Fadul and Reynaldo Canlas** – 21 century, Philippines, Chess Therapy



- **Dr. Emil Markov** – 21 century, Bulgaria, consultation, training to deal with problems through the chess model of the world

# Chess model

## Principles

1. The whole world is like a large chess board
2. All people are like chess figures on this large chess board
3. The relations among anyone of us are like small chess boards – maps of the large chess board of the world
4. The fundamental human values – honest relations, love, mutual help, meaning of life have priority over the fight to win
5. Every problem can be described as a chess position. The question is “What would we do, if we were playing chess now?”
6. All of us look at the same chess board and see different things because of our different past experience.

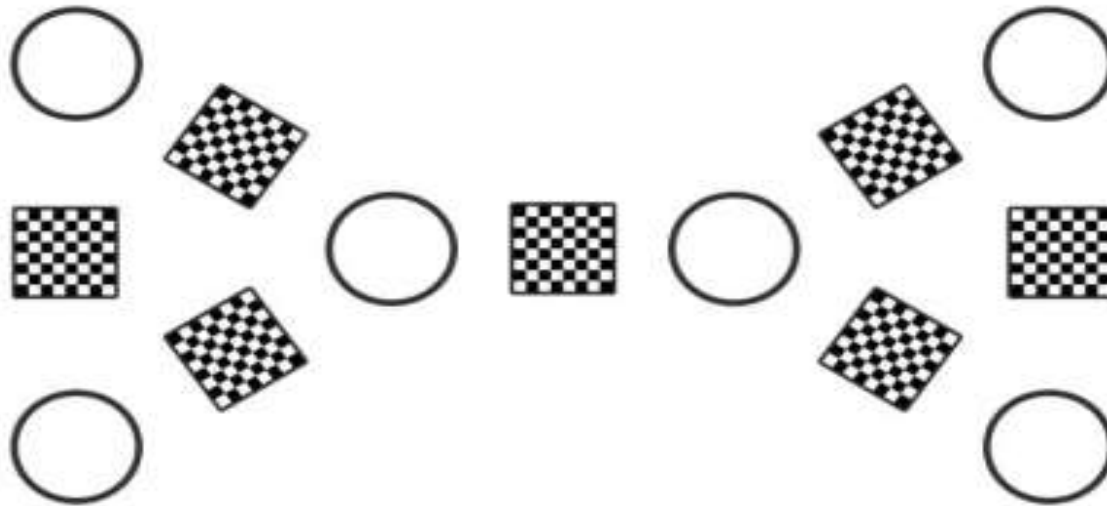


**Human Reality Modeling Criteria** – Board, Figures, Rules, Goals, Moves, Time, Values, Feelings

# Consulting on a Chess Model 1

## Techniques

- Ladder to Stockholm
- Chessgrams
- Map of Life
- Old and New models of Thoughts, Feelings, Behaviour
- Chess tasks and etudes

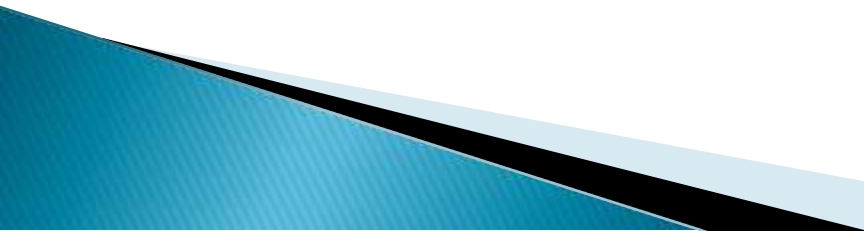


# Consulting on a Chess Model 2

## **Structure of the consultative process according to the chess model**

- Entering the case
- Creating a Map of Life – past, present and plan for the future
- Plan implementation support
- Evaluation of the joint work

## **Structure of the consultation session according to the chess model**

- Defining the request from the session initiator
  - Solving a chess task
  - Development of a chess game of the relationship between the consultant and the client
  - Making a chess game of the problem
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# Stages of application of the chess model in Complex of social services “Chovekolubie”

- 2005 – 2020 – spontaneous–intuitive
- 2020 –2022 – conceptualization process of the organization of work and the methodology of Complex of social services “Chovekolubie”

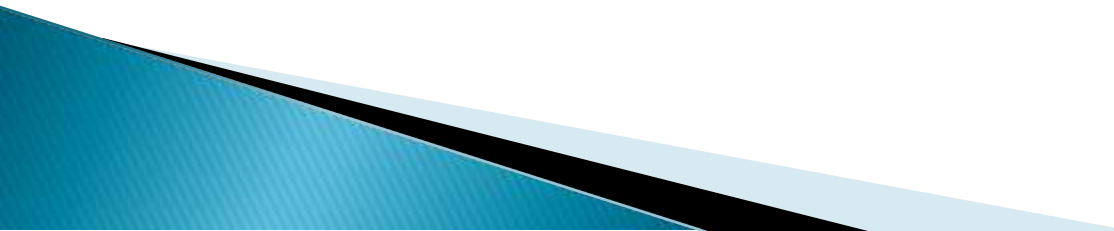
# Empirical study

- Aim
- Subject
- Object
- Work hypothesis
- Design
- Toolkit
- Participants





# Conclusion

- The empirical research confirms the hypothesis that the individual consulting on the chess model is effective in dealing with clients' life problems.
  - Positive results with clients were achieved when performing individual consulting of the chess model; the clients' problems are explored multi-layered and from different point of view; the structure is consistent and efficient, etc.
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# Thank you!

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