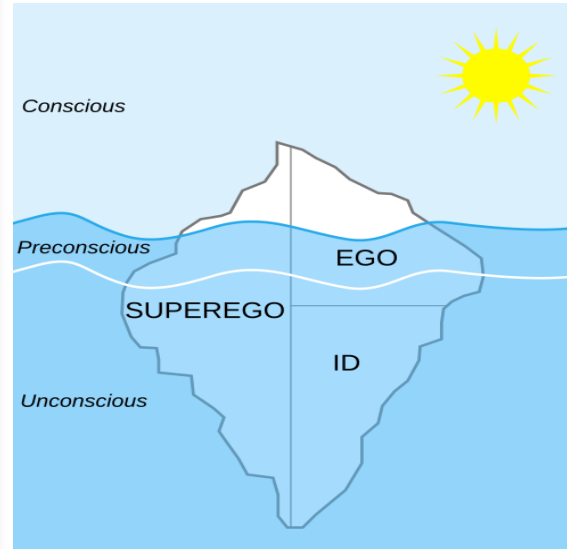


LUDO CLINICAL





Iudo clinical ↑

Hospitalizations →

Bar dining space →

Polyclinic →



INPATIENT RESIDENTIAL BEDS: 64 BEDS

MOUNTAIN AREA

- **Total plot of land:** ~65,000 m² (≈ 6.5 hectares)
- **Landscaped green areas (lawns, trees, gardens):** ~49,800 m²
- **Hardscape (paved terraces, walkways, courtyards):** ~7,000 m²
- **Building footprint (ground coverage):** ~7,200 m²
- **Service/parking/utility areas** ~1,000 m²
- **Outdoor pool water surface (within hardscape):** ~225 m² (approx. 25 m × 9 m)





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Total: ~10,200 m²

1.Reception & public areas — ~500 m²

- Lobby, reception, waiting, visitor WC, small café/lounge corner

2.Clinical & therapy department — ~1,600 m²

- Psychiatric/medical consult rooms
- Psychology offices
- Group therapy rooms (CBT, relapse prevention)
- Family therapy rooms
- Multi-purpose room (psychoeducation)
- Nursing station + medication room
- Examination / minor treatment room
- Quiet rooms / de-escalation spaces

3.Residential accommodation (64 beds)

~3,900 m²

- 64 single en-suite rooms + corridors
- Residential lounges / social rooms
- Small pantries, linen rooms, supervised storage
- Staff bases on each residential zone



4. Dining & kitchen — ~1,200 m²

- Dining hall + smaller dining room
- Commercial kitchen, cold/dry storage
- Dishwashing, receiving/loading, staff changing

5. Wellness & recreation — ~1,800 m²

- Gym + functional training area
- Studio (yoga/mindfulness)
- Pool support: changing rooms, showers, towel issue, lifeguard/first aid point
- Spa/relax rooms (optional), massage/physio room (optional)
- Outdoor activity storage (bikes, hiking poles, etc.)

6. Education & skills rooms — ~600 m²

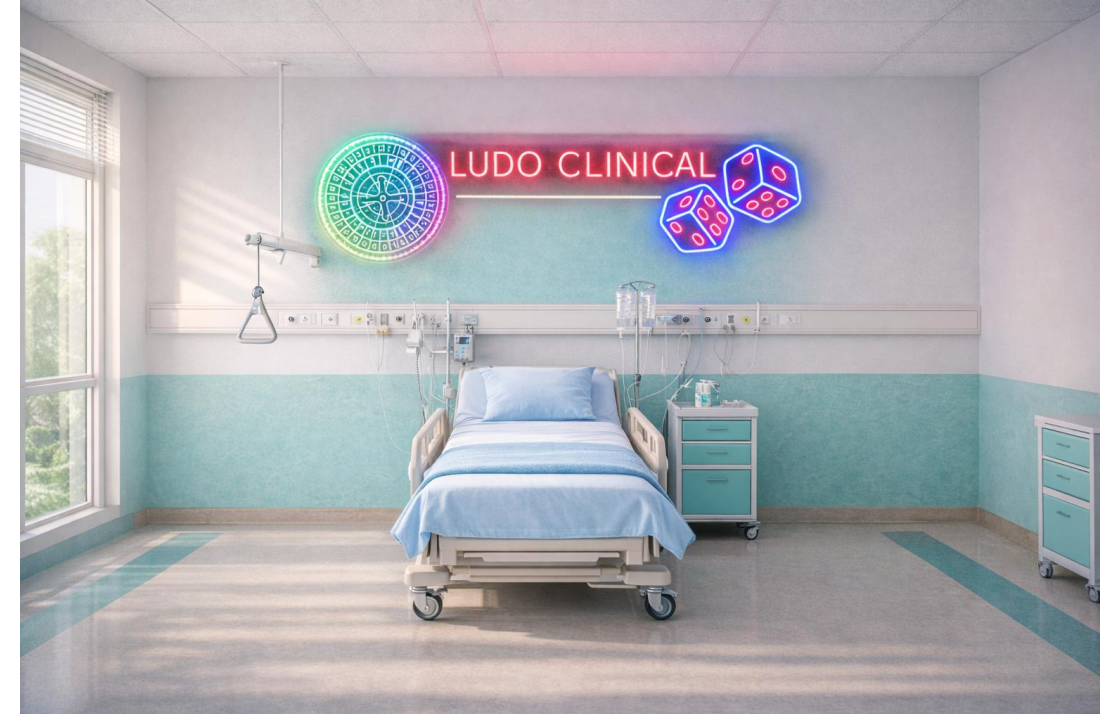
- Classroom/training room
- Computer room (budgeting/financial recovery work)
- Library/quiet study

7. Administration & staff — ~700 m²

- Admin offices, meeting rooms
- Staff lounge/break room
- HR/interview room, records/secure archive

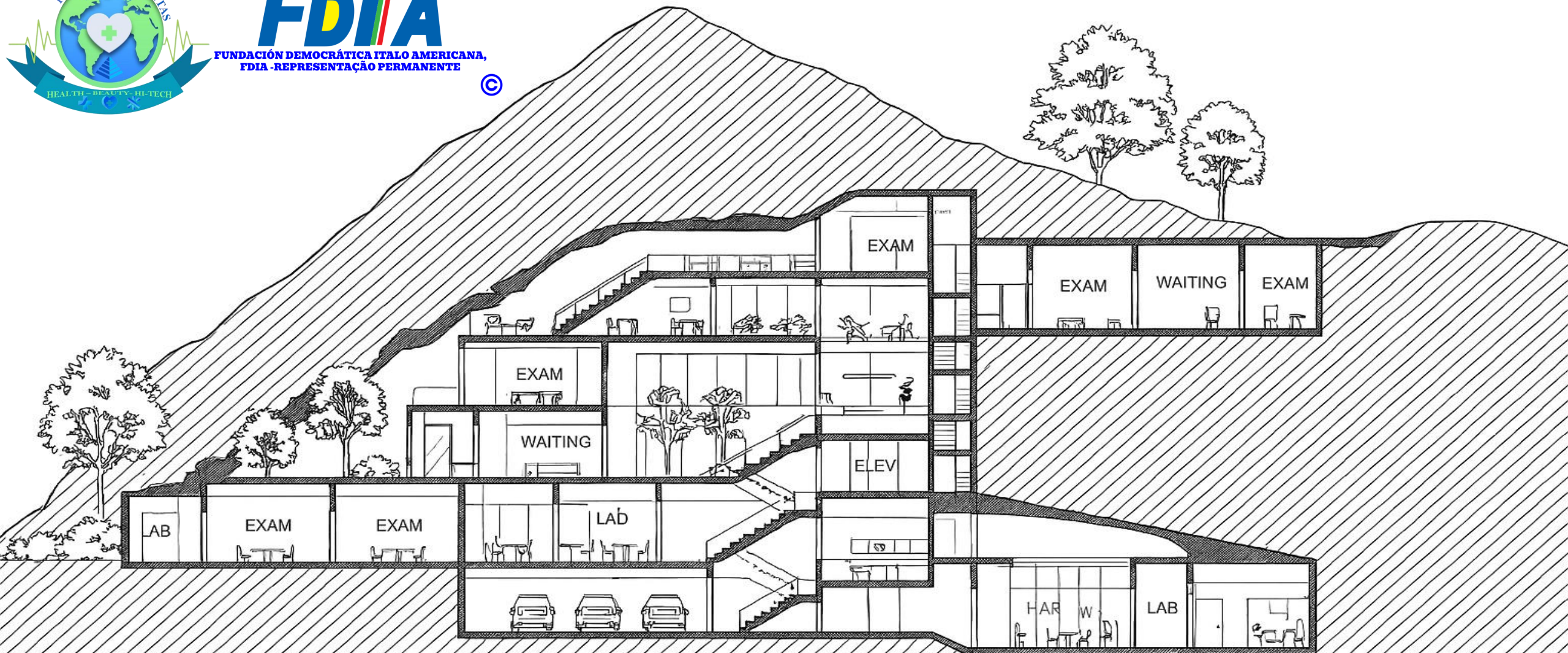
8. Back-of-house / building services — ~1,900 m²

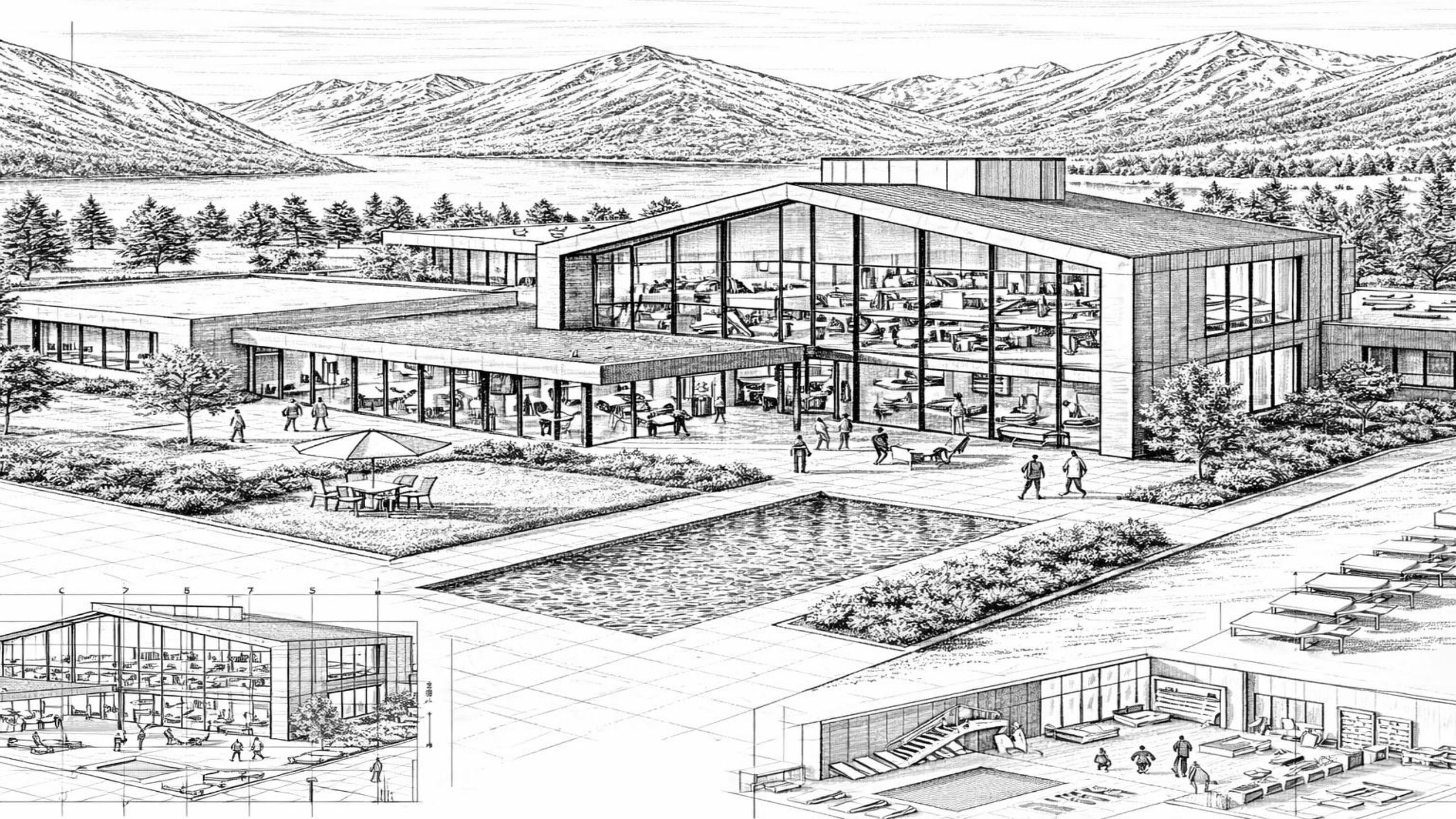
- Laundry (or laundry staging if outsourced)
- Housekeeping closets, maintenance workshop
- Waste management
- IT/server, electrical and mechanical plant rooms
- General storage



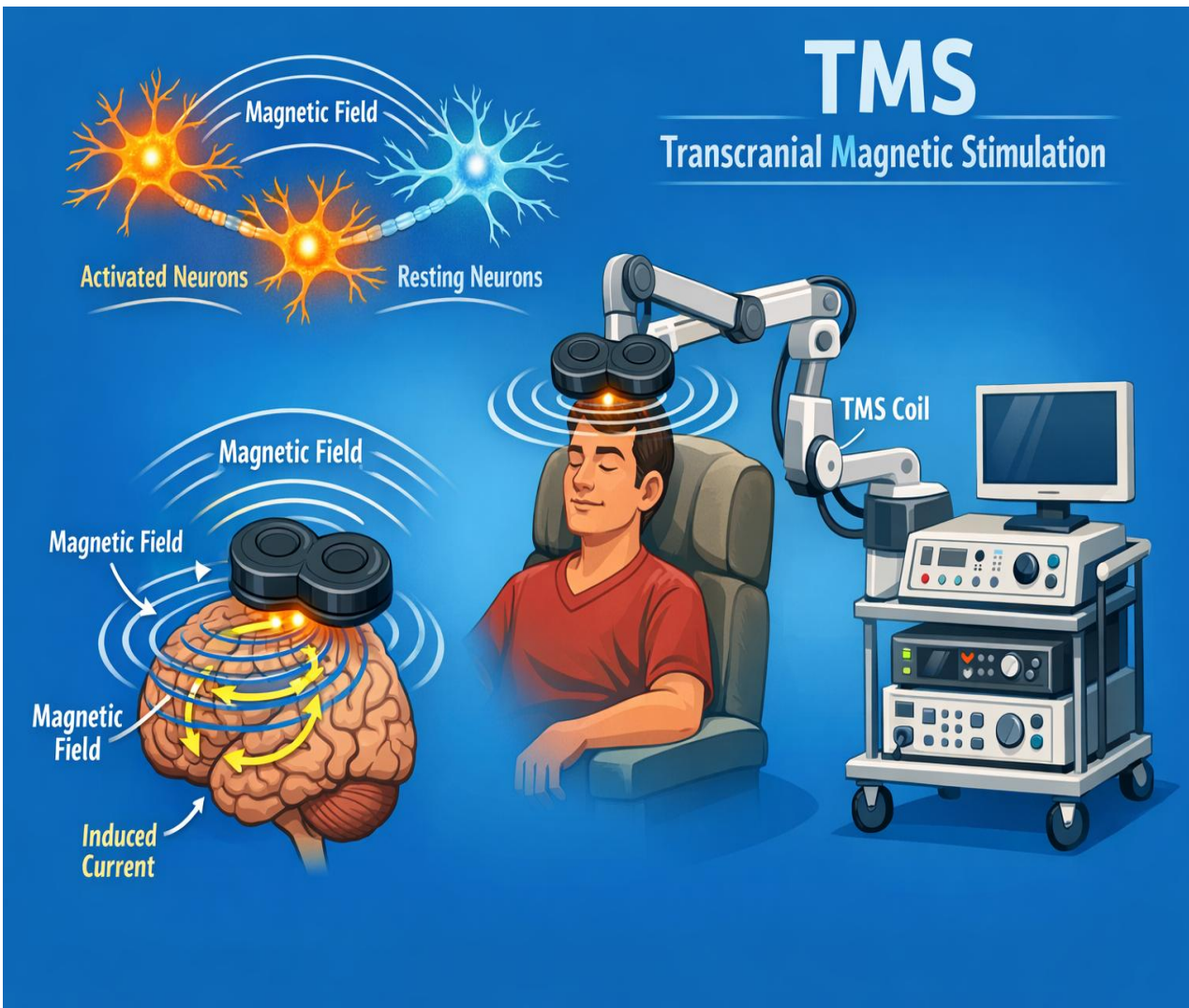


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TRANSCRANIAL MAGNETIC STIMULATOR (TMS)





TRANSCRANIAL MAGNETIC STIMULATOR (TMS)





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**THE PRELIMINARY PROJECT'S HYPOTHESIS WOULD BE TO
IMPLEMENT THE ENGINEERING, PROCUREMENT, AND
CONSTRUCTION
OF A CLINIC IN A QUIET MOUNTAIN LOCATION,
IDEAL FOR THE TREATMENT OF GAMING COMPLAINTS.**









FDI A

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**THERAPEUTIC PROGRAM FOR REHABILITATION FROM GAMBLING
ADDICT IN A CLINIC TO BE BUILT IN THE FUTURE.**

PRELIMINARY HYPOTHESIS OF THE SOCIAL PROJECT:

Individual therapy with experts in the field

Sessions with psychotherapists, doctors, and psychologists to explore the root causes of gambling addiction.

Development of effective strategies to manage emotions and prevent relapse.

Support Groups

Regular meetings with other patients to share experiences and encourage one another.

Creation of a support network to navigate the recovery process together.

Family Counseling

Dedicated support for family members to help them understand gambling addiction.

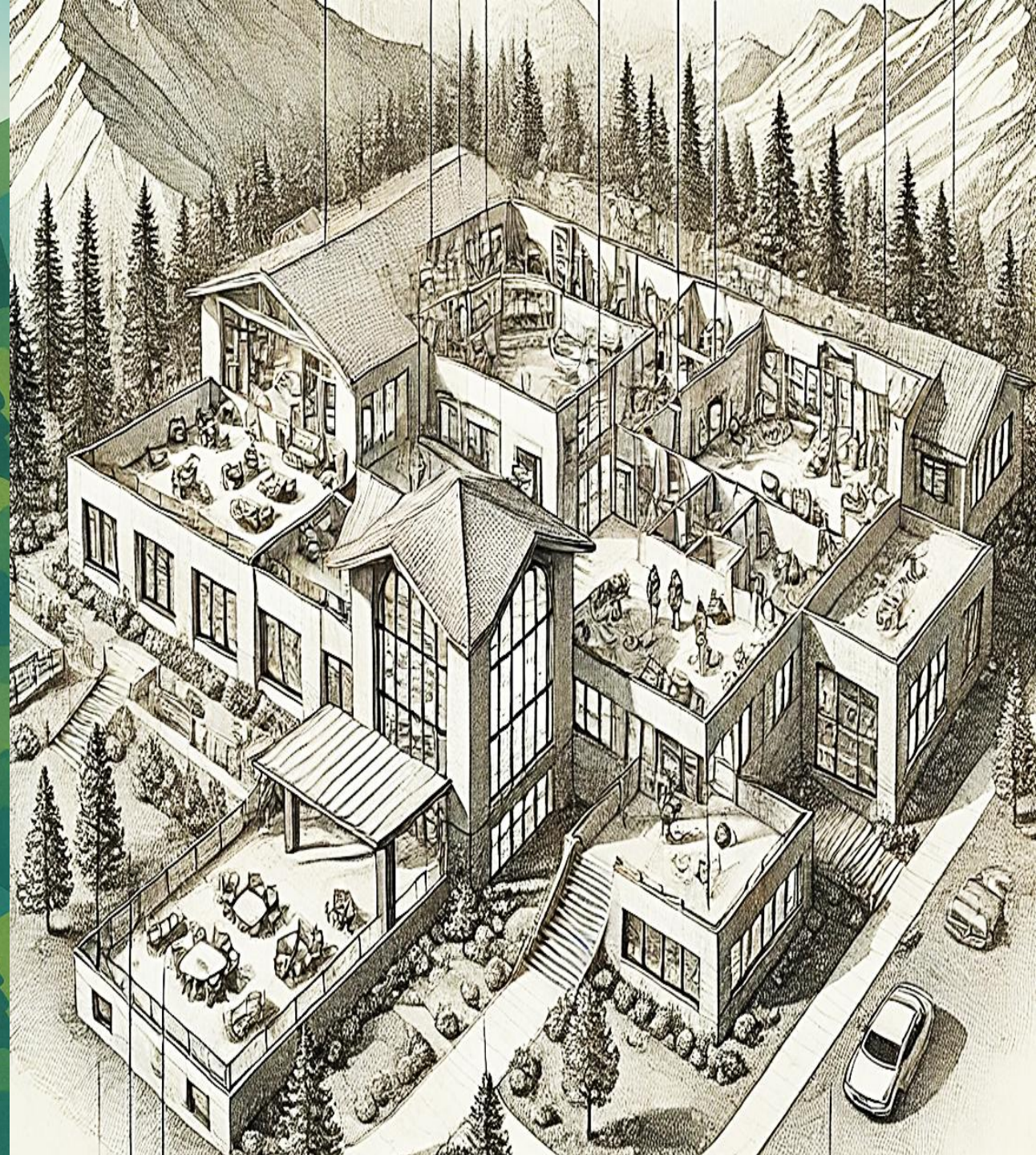
Strategies to improve communication and strengthen family bonds.

Educational Programs

Create workshops and courses to explore the risks of gambling.

Practical techniques and tools to avoid relapse and promote healthy habits..







FDI/A

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LUDO CLINICAL





FDI A
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LUDO CLINICAL





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- Gambling addiction is considered a psychiatric disorder. It is primarily treated with psychotherapy, particularly cognitive-behavioral therapy, which aims to identify and modify the mental mechanisms underlying compulsive behavior. In cases of severe addiction, the treatment may be supplemented with pharmacological therapy.





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Healthcare Supplies

General Medical Equipment:

- Blood pressure monitors, pulse oximeters, and thermometers
- Electrocardiographs (ECGs) for cardiovascular monitoring in potential stress situations
- Scales and measuring devices to assess anthropometric parameters

Furnishings and Equipment for Examination Rooms:

- Rooms for outpatient visits and medical consultations, equipped with examination couches and comfortable seating
- Cabinets and lockers for the safe storage of medicines and sterilized materials

First Aid and Emergency Management Supplies:

- First aid kits (bandages, disinfectants, gauze, adhesive plasters, etc.)
- Defibrillators and other equipment for medical emergencies

Hygiene and Infection Control Materials:

- Disinfectants, cleaning solutions, and sterilization products
- Personal protective equipment (PPE): gloves, masks, disposable gowns

Continuous Monitoring Equipment:

- Remote or wired monitoring systems to keep track of vital signs in patients in intensive care or outpatient settings





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Psychodiagnostic Assessment Tools:

- Standardized questionnaires and rating scales for pathological gambling (e.g., SOGS, GASS)
- Psychometric tests to assess comorbidities

Materials for Individual and Group Therapy:

- Therapy sessions held in dedicated rooms, furnished comfortably and free from distractions
- Audiovisual materials (computers, projectors, screens) for presentations and training sessions
- Whiteboards, notepads, and interactive tools to facilitate exercises and brainstorming

Materials for Cognitive-Behavioral Therapy (CBT):

- Manuals and guides for the therapist and the patient
- Tools for behavioral diaries and progress-monitoring sheets

Support and Educational Resources:

- Informational brochures, leaflets, and awareness-raising materials on pathological gambling
- Specialized books and publications for the ongoing training of practitioners and patients
- Access to digital platforms for online support and self-help (dedicated apps, moderated forums)

Spaces and Materials for Complementary Activities:

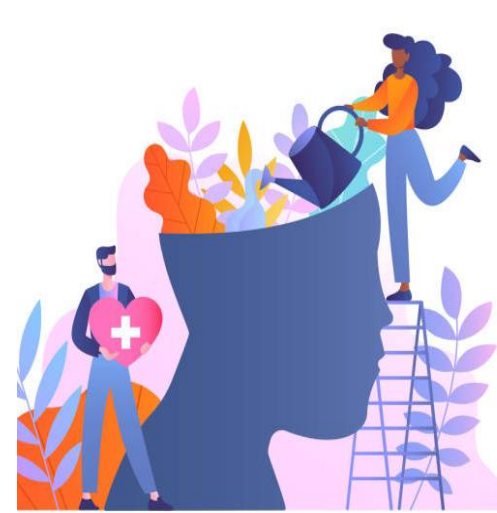
- Facilities for relaxation and mindfulness activities (yoga rooms, spaces for breathing exercises)
- Materials for recreational activities aimed at social reintegration, such as board games or group activities



PSYCHODYNAMIC PSYCHOTHERAPY AND THE TREATMENT OF



- The project will be carried out in partnership with high-level psychoanalytic practices in the field of psychodynamic psychotherapy for various disorders, both short- and long-term.





***MENTAL
HEALTH***

MENTAL HEALTH



EATING WELL



GOOD SLEEP



ACTIVITY



SOCIAL



STRESS REDUCTION



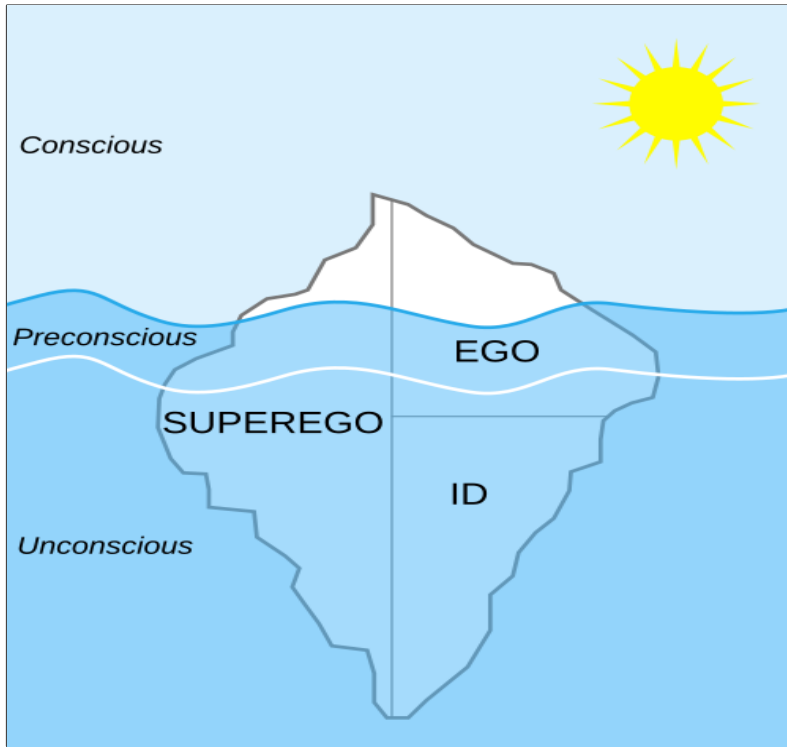
NO SMOKING



NO ALCOHOL



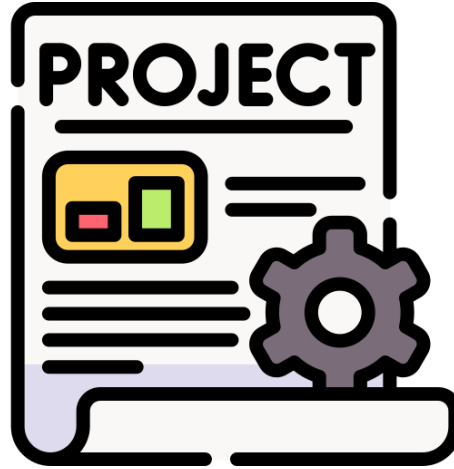
HELPING OTHERS



PSYCHODYNAMIC PSYCHOTHERAPY AND THE TREATMENT OF PATHOLOGICAL GAMBLING



LUDO CLINICAL



THIS DOCUMENT CONSTITUTES A PRELIMINARY FEASIBILITY STUDY OF THE FUTURE CLINICAL PROJECT. THE OBJECTIVE IS TO ASSESS, WITH A LEVEL OF DETAIL APPROPRIATE FOR THE PHASE, THE APPROPRIATENESS, TECHNICAL/ORGANIZATIONAL FEASIBILITY, AND ECONOMIC-FINANCIAL SUSTAINABILITY OF THE INITIATIVE. THE DOCUMENT DOES NOT BIND THE ORGANIZATION TO EXECUTIVE COMMITMENTS, BUT SUPPORTS AN INFORMED DECISION TO CONTINUE OR DISCONTINUE ("GO/NO-GO") AND THE POSSIBLE INITIATION OF THE SUBSEQUENT FINAL PLANNING PHASE.





Website: <https://www.pharma1humanitas.com/index.html>

Projects: <https://www.pharma1humanitas.com/password.html>

Videos: <https://www.pharma1humanitas.com/media.html>

Email: pharma1humanitas@gmail.com

Website: www.fdiangopermanente.pt/index.html

Projects & videos: www.fdiangopermanente.pt/download.html

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