

True to its name, the "Drop of Change" center has at its core a noble mission to create a gradual change in individuals that would eventually lead to positive and general changes in humanity in general. By helping out individuals overcome their limitations and discover their hidden potential, the center hopes to introduce as many people as possible to a life of fulfillment and happiness. In this interview, Dr. Maria Grammenou, head therapist at the Drop of Change Center, talks about the new model of therapy the center provides.

"WE AT DROP OF CHANGE HOPE TO BE THE DROP THAT CREATES A WAVE OF CHANGE TOWARDS A BALANCED LIFE" ESRA AL MEFLEH

What do you provide that is different from other therapists?

I am a strategic psychotherapist. Strategic Psychotherapy is a new and efficient model of therapy founded by Milton Erickson and has been implemented from the school of Palo Alto in California. It is brief and oriented to the solution of specific problems through specific strategies planned by the therapist in order to overcome different issues. Both therapist and client are active and oriented to the change. The main goal is to lead the client to create his own reality, and overcome his issues by being aware of his real self.

What are the types of disorders you treat?

The types of disorders we work on are anxiety disorders like phobias, panic disorders, obsessive compulsive disorder, post traumatic stress disorder, sexual disorders, mood disorders like depression in its different forms, personality disorders like dependent personality, avoidant personality, narcissistic personality etc.

What are the empowerment services that you provide at the center?

Empowerment programs involve mainly emotional training, positive thinking, assertive communication, anger management, self esteem, discovery and improve one's inner potential.

Being the head therapist how do you deal with your team of therapists?

For us team work is very important, a true value! "We were created to live with each other not individually; team work is a connected chain and our source of strength" Esra Al Mefleh

Tell us more about your team?

We are a team of specialized psychotherapists; we deal with most social issues, guiding people to reach their desirable goals. One team that works

with passion to help make dreams come true.

Do you all adopt the same method?

We all adopt strategic therapy. For therapists that need training in that field we offer seminars for strategic therapy, then I supervise them personally.

In your opinion is the change in people a need or a desire?

It is a very good question and depends on many factors such as age, culture, upbringing, education, and the level of awareness.

What leads people to ask for help?

Anxiety, stress, depression, fears, family problems etc. the idea here is not what leads people to ask for help, it is how aware people are of their problems.

Which age group you deal with?

We are dealing with all human beings that need help. All the ages can benefit from our programs.

What are the ways of therapy you provide?

The ways are: one to one therapy, couple therapy (marital), family therapy, and group therapy.

Other than therapy what activities you provide in the center?

We provide workshops, interactive courses and marathons (it is a condensed one day workshop).

According to the center's slogan (our guidance...your change) what exactly is your guidance and how is it related to the change?

As therapists it is our responsibility to put a tailored therapeutic plan for the client that is our guidance. This plan cannot be applicable without the consistency and determination of the client. Real change is not a temporary relief; real change is a permanent effect and an outcome of self independency.

What do you mean by self development and motivational center?

In drop of change we have two fields of intervention. The first one is for helping people to overcome their issues, for example, depression, anxiety, panic attacks, stress disorders...etc. and the second area is directed to people who want to develop themselves, increase their self esteem and motivation and generally to discover and improve their inner potential.

In other words, our center is a place in which you can express yourself, your worries, your questions, your difficulties and obstacles, your dreams and desires, you can have guidance to reach faster to be your real self and live a meaningful life chosen by you. Like a journey into the mind that can elaborate your past and construct your own future.

This field is perceived by most as a taboo and only for disturbed, several conditions. How could you change that perception?

That perception can only be changed by the people, changing this perception can only be triggered. The complete change is a process that needs time. In my opinion, people today are more open to seek the benefits of therapy and live a peaceful life.

What question you wanted me to ask and I didn't?

The question I wanted to be asked is why I decided to work with drop of change. Drop of change is really different from all the places I worked before. Sincerely everybody can feel it. This center has a cause! It is done with a genuine intention to help people live a happy and balanced life.

And I would like to finish with a quote from the founder of drop of change Esra Al Mefleh : "Each and every one of us has something very special that lives deep within our souls waiting to evolve. How can we awaken that special something? By a little guidance and a helping hand. By caring enough we will be able to face our fears and step beyond the limitations."



VISION



Our vision is to create the chance that enables every human being to change into their individuality.

MISSION

It is our mission to provide guidance using up-to-date methods by a committed team who serve with passion and integrity.

PROFILE



Dr. Maria Grammenou graduated from Rome, clinical psychology from the University of La Sapienza. It is a 5 year degree. Then she specialized in strategic psychotherapy for 4 years and took a master in clinical sexology, and a PhD in Psychology of art and literature.

We all inherit beliefs from people around us, their rules and limitation gradually become our way of living

My question is, are these people living the life they dream of? "I learned that there are no rules for what we can achieve nor there are limitations to how far we can go, I learned that through motivation, self improvement and above all reaching out happiness is guaranteed!"

Esra Al Mefleh

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STRATEGIC PSYCHOTHERAPY:

Is a brief therapy focalized on the client. Strategic therapy looks at the organization of the symptom. The symptom is absolutely central and has to be investigated profoundly in regard to relational patterns and the themes that are involved. However, strategic psychotherapy is not so much concerned with the genesis of the repeating pattern in which the symptom is involved

as with how it expresses itself and how it is maintained. The strategic therapist believes that the quest for a cause may delay or restrain the persons from finding a new and more adequate pattern. The main focus is to change. It differs from other schools of therapy in that it emphasizes (1) a focus on a specific problem and (2) direct intervention. In brief therapy, the therapist

takes responsibility for working more pro-actively with the client in order to treat clinical and subjective conditions faster. It also emphasizes precise observation, utilization of natural resources, and temporary suspension of disbelief to consider new perspectives and multiple viewpoints.

