

A RECIPE FOR COUNSELLORS' BREAD

JOHN MEYER

Faculty of Education, McGill University

Counselling means different things to different people. For some professionals, counselling is a commitment to people in stress; for others, it is an opportunity to assist clients, or students, to make life decisions during crisis periods.

As a Visiting Professor to the McGill University Counselling Program, I recently experienced counselling from a unique perspective — in the kitchen. As I was baking bread with my friend, the total experience took on the dimension of a counselling process. I would like to share the outcome of this experience. The following ingredients, if integrated properly, result in a very healthy and nourishing bread. Compliments to the counsellors.

Ingredients

2 packages Fleischman's yeast
 ½ cup warm water
 2 teaspoons sugar
 ½ cup honey
 2 cups warm water
 2 tablespoons butter
 2½ cups Natural Bran
 ½ cup millet
 ½ cup raisins
 5-7 cups whole wheat flour
 2 teaspoons salt
 ½ cup wheat germ

Intervention

Pour one-half cup warm water in a warm bowl; mix 2 teaspoons sugar and pour yeast on top. Wait TEN MINUTES until yeast is bubbly. In two cups of warm water, melt the butter. Mix yeast, water, butter and honey. Add salt, millet, raisins and bran. STIR LIKE CRAZY. THIS IS COUNTERTRANSFERENCE. Add one cup flour at a time. TOO MANY INTERPRETATIONS MAY AFFECT THE PATIENT. LET IT MIX SLOWLY. THIS IS NOT SHORT TERM BREAD. After three cups of flour, add wheat germ (AN INTERPRETATION). Be patient with the dough until you really understand its symptoms. Knead the dough until it pulls away from the bowl. OBSESSIVES TAKE LONGER. THEY ARE STICKIER. Put dough in a ball shape and cover lightly with oil. DO NOT BE OVERPROTECTIVE. Cover the bowl with foil. A WARM ROGERIAN ENVIRONMENT IS BEST — NO UNCONDITIONAL DRAFTS, PLEASE! Let it rise for two hours. REMEMBER SILENCE IS AN IMPORTANT INGREDIENT IN ANY SESSION. Check it then and intervene again. KNEAD IT. IT KNEADS YOU. THIS IS TRULY INTERACTIVE COUNSELLING. Let it rise for one hour.

TERMINATION PROCESS: Separate the dough into two, three or four parts. DEPENDS ON YOUR NEEDS. Gently put the sections into bread pans, greased. Let rise for 20 minutes. Cover them again. Bake for 20-30 minutes at 350 degrees, and terminate. TERMINATION IS AN IMPORTANT ISSUE IN THIS SESSION. ENJOY AND SHARE THE RESULTS OF YOUR WORK WITH EACH OTHER.