

## The cook through the dark times workshop

### Arnell Etherington Reader

This doll workshop explores the image/symbol of the cook, revisiting the deep meaning of the Greek goddess Hestia at the hearth. The cook reflects home, warmth, and security that sustains us through the dark times. Transforming raw material, she creates digestible material, she becomes an alchemist in our everyday lives, a maker of food for the soul. Through the dark times, the cook's resilience nurtures us and provides internal cooking.

Participants can experience making a cook doll while considering various aspects.

Symbolically, the cook cognates with the Greek virgin goddess Hestia, "... goddess of the hearth, the right ordering of domesticity, the home, and the state. She clears the detritus of our lives and makes order of that which might otherwise be chaotic. She keeps the fires going in the hearth and therefore is a beacon of home." <https://en.wikipedia.org/wiki/Hestia>.

Greek "Hearth", one of the oldest matriarchal Goddesses, Vesta in Latin, represents the home place, every man's 'center of the world'. When the matriarchs ruled, the hearth was in the midst of a dwelling, to which each member of the household had a relationship. "Pythagoras said the fire of Hestia was the center of the earth."

"Romans had the same idea about the altar of Vesta, with its perpetual fires tended by the mystic Vestal Virgins. Cicero said the power of Vesta extends over all altars and hearths; therefore, all prayers and offerings begin and end with her "because she is the guardian of inner most things." Because of this she receives the richest part of sacrifices and is the deity most venerated (Walker, 1983, p.400).

The participants can consider and discuss:

- What part does the cook/Hestia/Vesta play in their lives?
- How does Hestia bring light into darkness?
- Ways the cook/Hestia/Vesta is applicable to clients/patients/self-care.
- Pertinent doll dialoguing.

Additional educational objectives and schedule:

The format will be a short lecture on the cook, Hestia, and Vesta; discussion and making of the doll, enlarged photos of cook doll examples will be available to view, short writing about the doll, dyad sharing of completed doll, review of the above considerations and discussion points, plus reference list distributed.

## Biography

**Arnell Etherington Reader, Ph.D. ATR-B.C., MFT** is an art psychotherapist/ clinical psychologist in the UK as well in the USA. She presently works in an art therapy program based in primary schools, she also lectures, supervises, and has a private practice. She is Professor Emeritus from Notre Dame de Namur University, teaching for 30 years in Art Therapy. Since 2021 she is Adjunct Professor at Dominican University in their Art Therapy Psychology Department. A painter and writer, she lives primarily in the UK with her British husband.

## Recent publications and conference presentations

Etherington Reader, A. (2021). **Covid 19 or Collapse: A Note**, *Art Therapy Online*, ATOL. March 16th Edition. Also, Co-Editor that issue.

Etherington Reader, A. (2019). **Chasing windmills for truth...using doll making to explore where cross-culture meets shadow**, ECArTE conference, Madrid, Spain.

Etherington Reader, A. (2019). **Starting and sustaining your own private practice: connecting art therapy to your community**, NorCata CEU half day workshop, California.

Etherington Reader, A. (2017). **Parting is such sweet sorrow, or is it? Closing the art therapy space at termination in art therapy**. Presentation at American Art therapy Association Conference.