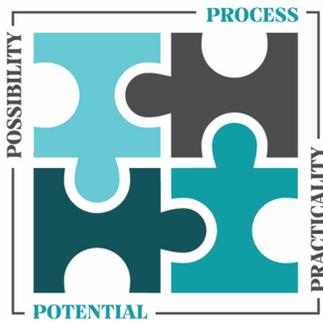


# Art Submission Instructions



## P4<sup>2</sup> DID Conference

22nd - 24th October 2021, Chicago, Illinois

[www.P4didconference.com](http://www.P4didconference.com)

### Art Images and Photography

- a) Jpeg, png or gif files
- b) No larger than 25MG (email limit)
- c) send pictures in the jpeg format at 640 x 480 pixels. **By Sept 30.**

### Picturing your Art Images

- Your amazing artwork needs to be photographed well in order to be selected.
- Place your artwork upright, not leaning to the side in any direction.
- No angle shots, nothing from the side, and not from an unlevel viewpoint. Stand directly in front of your picture.
- Take a close-up picture so that there is minimal background surrounding the image of your artwork.

- The lighting in the room needs to be good, bright -- we need to see the colors and details of your art.
- Select a clear, sharp, well-focused image of your artwork.
- Watch for any light reflections from lamps, the sun, etc. Any reflections on your photo will hinder our ability to see your painting.
- Blurry, crooked, off-centered, or low-lit pictures most likely cannot be used. :(
- We need a bright, clear, focused, well-centered picture of your picture!

## Sending your Artwork: **BY SEPT 30**

### Windows 10

- 1) Click ⊕ New mail.
- 2) Type addresses in the "**To**" field:
  - a) [Admin@DiscussingDissociation.com](mailto:Admin@DiscussingDissociation.com)
  - b) [P4ArtandTalent@gmail.com](mailto:P4ArtandTalent@gmail.com)
- 3) Add a subject in the "**Subject**" field:
  - a) Artist Name to be displayed; *if empty no name will be used.*
  - b) Art Submission (list if it is an image of art "Art Image", a poem, a video or a photograph)
  - c) c) Name - title - message of the image

### General Instructions Samples:

- Subject line: Live United Art Submission Photography - "Quilt with an Attitude"
- Subject line: TW's Art Image - "Oh Sweet Canada"
- Subject line: Me+We Art Image + Poem - "The Horse and the Heart"
- Subject line: Caden's Kids Art Submission Video - "We Remembered to Say Hello"

### Information to Include in the Email Message:

1. Type the body of the email message explaining the image if you choose. **No more than 150 words, please.**

2. Click the Insert tab at the top of the screen.
3. Click Pictures.
4. Click the Pictures folder, and choose the picture (s) you want to send.
5. Click Attach, then SEND.

## **Video** (follow the general instructions above)

- Only MP4 video is accepted
- Length is limited to 15 mins (contact us if you want to discuss this)
- Check the quality of lighting and sound -- we want to see and hear your video!
- Have the quality of your video ready for presentation without additional edits needed
- You may also send a YOUTUBE or Vimeo link in the body of the message with a 150 word max description.

## **Topic Guidelines**

1. We encourage you to not present significant memories or the gory details of trauma. No more of the gore is a good motto. Trauma info is quite individualized and would serve more to trigger others, leaving them unable to hear the positive inspirational points you are going to say. The more you can make your presentation about the overall general dissociative process -- this is HOW DID WORKS -- this is how dissociation works for lots of people -- the more it can be relatable to other survivors and more of an educational experience for therapists.

**The EDUCATION element of your video -- teaching people about DID, and NOT representing dissociative folks as heavily broken, abused people is important.**

2. Show the world that having DID does NOT mean you are non-functional, broken, down-trodden, unable to manage, unable to be a productive member of society, etc. Yes, there might be hard days, but the media messages where being DID equals either being disabled messes or psychopathic killers has to stop. There are LOTS of dissociative people who can function very well, and the more we can show that, the better. So please focus more on that side of the issue, and less on how devastated you may have been.
  
3. Keep your privacy! You do not need to disclose your legal name, your home area, where you are from, where you grew up, who hurt you, etc. Teach your information without giving away personal details that could risk your safety. *These videos will be watched by hundreds of people -- protect yourself.*

## Poetry (follow the general instructions above)

*Of course you get the 150 words to describe your entry! PLUS:*

All poems are limited to a total of **250 words double spaced**. Longer writings are difficult to present via digital options. Shorter is better.

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**PLEASE SEND IN ALL ARTWORK, VIDEOS, and  
POETRY by SEPTEMBER 30**

Please Note: All submissions will be considered for use at the Conference, however due to time constraints, only those selected by the Committee will be included during the Conference Days. Works submitted may be used throughout the year at different times. \*\*\* All selected artworks could be included in continuing education, teachings, media advertisements, P4 handouts, and any P4 DID Conference distribution. By sending your artwork-video-poetry, you are consenting to the potential uses of material.