

Appendix 3

ETHICS

This appendix is related to section 3.2. Ethical considerations, of this Critical Appraisal and consists of the following items:

1. Examples of the authorisations for the publication of the collaborative self-portraits produced in my workshops. Over the years I have used slightly different forms, depending on the context of the workshop. At times, when working in an institution, the authorisation was written by the staff. However, as mentioned in section 3.2, I have never considered co-authorship and co-ownership of these images. In the last version of these authorisations¹ I have included the possibility of giving different responses to each media or usage.
2. Copies of the authorisations for the publication of the images in this Critical Appraisal and its appendices. For those in other languages, the translation in English is after the original.
3. A draft of a co-authorship agreement, which has not yet been seen by a lawyer. This agreement proposes a co-authorship, co-ownership and joint copyright divided into different percentages: 30% is for the participant and 70% is for myself. This difference is due to the creative choices, the idea of the project and the guidance. The same percentage is also applied in possible sales of the works and in the size of printable images. I present this as a draft to show my intention to accept co-authorship from now on.
4. A pre-workshop questionnaire in which participants acknowledge that I am not a therapist, that SPEX is not therapy and is not recognised by the medical community. Moreover, participants must confirm that they are not suffering from illnesses with which the expression of emotions and the perception of the images could be harmful for them.²

¹ See the signed authorisations for the images that appear in the Critical Appraisal.

² See section 3.2.1. Emotional safeguarding

THE SELF-PORTRAIT EXPERIENCE

AUTHORISATION TO PUBLISH PHOTOGRAPHS
(please fill in capital letters)

I undersigned

Resident in _____ born in

_____ on(date) _____

ID nr _____ Nationality _____

Telephone _____ email address _____

Authorise Cristina Nuñez, artist-photographer, to the publication of the photographs listed below, in which I appear, and the audio interviews with my voice (not linked to my images or my name) to be published in the following media, exclusively for the promotion and illustration of her self-portrait projects THE SELF-PORTRAIT EXPERIENCE and HIGHER SELF. Please write YES or NO in each of the following media:

- Online exhibition and blog _____
- Exhibitions worldwide _____
- Cristina Nuñez's presentation of her method _____
- Cristina Nuñez's workshops _____
- Books, magazines, newspapers internationally both print and online _____
- Cristina Nuñez's websites _____

The following authorisation is given without limitation of space, time and medium, and without any kind of fee or compensation.

Date _____

Signature

AUTHORISATION FOR THE USE OF PHOTOGRAPHS

Mrs. _____ above 18 years old and with full capacity to operate, with ID card Nr. _____ and acting in my name,

Authorise artist/photographer Cristina Nuñez Salmerón to publish the collaborative self-portraits in which I appear, produced in the Penitentiary Centre Brians 1, in exhibitions, books, presentations and in the website of the artist www.self-portrait.eu, exclusively as part of the project The Self-Portrait Experience. The project has been funded by the Foundation Obra Social La Caixa.

The photographs can be disseminated in all media (TV, press, internet, etc.) and in the website of the Foundation “La Caixa” in its activity report, publications, reportages, etc., without any limitation, including all other media needed for the divulgation of the programmes and activities developed by Obra Social La Caixa and/or the Foundation La Caixa, in themselves or in collaboration with other institutions, according to its social and foundational objectives and non-profit.

This authorisation is free of any charge or fee and without limitations of time, and the undersigned shall refrain from asking any compensation, payment, reimbursement or damage compensation for this authorisation, given to Cristina Nuñez Salmerón and Obra Social La Caixa and Foundation La Caixa for the use of her images.

Barcelona, _____

Mrs. _____

Address _____

Phone number _____

Email address _____



Co-authorship, co-ownership and joint copyright agreement - authorisation to publish collaborative self-portraits - *Higher Self*

(please fill in capital letters)

The author: Cristina Nuñez Salmerón, artist, founder and facilitator of The Self-Portrait Experience, born 28/04/1962 in Figueras, Spain, and resident in Via Balbio 24F, 6834 Morbio Inferiore, Swiss ID E3684619, email: cristinanunez.self@gmail.com and phone: +41766714025

And the co-author/subject of the image/s:

Name and surname _____

Resident in _____

born in _____ on (date) _____

Nationality _____

Telephone _____ email address _____

In case the co-author is under 18 years old, they shall be here represented by their parents:

Name and surname _____

Resident in _____

Born in _____ on (date) _____

Nationality _____

Telephone _____ email address _____

And

Name and surname _____

Resident in _____

born in _____ on (date) _____

Nationality _____

Telephone _____ email address _____

Agree that:

1. The co-authorship, co-ownership and joint copyright of the collaborative self-portraits (see the image/s below) produced in the studio set up by the author in _____ on (date) _____ is divided as follows: 70% authorship, ownership and copyright belongs to Cristina Nuñez Salmerón, as the artist and owner of the project idea; 30% of authorship, ownership and copyright belongs to the co-author/subject appearing on the image, for their active and performative participation. If more than one person appears in the images, this percentage shall be equally divided among them.
2. The subject/co-author of the image/s (below) authorises the publication of the image/s in which they appear as follows.
3. Both parties can publish the image/s (below), provided the other party is appropriately credited. The SPEX method and Cristina Nuñez shall be referenced as follows: "Collaborative self-portrait taken in collaboration with Cristina Nuñez in her workshop The Self-Portrait Experience in _____ date _____ as part of the project _____". The co-author shall be referenced as follows:

4. The author can print the image/s in the highest quality and large format, and publish it as part of the *Higher Self* series, the *Wonderland* series, in retrospectives about her work or in collective shows. Image/s can be published worldwide to showcase or promote the author's art and social projects in exhibitions, books, the press, catalogues, brochures, websites and social networks, with no limitations of time, space or medium.
5. The co-author can print the image/s in the maximum size of 30x40cm, and publish it worldwide to showcase or promote the co-author's projects in exhibitions, books, the press, catalogues, brochures, websites and social networks, with no limitations of time, space or medium.
6. The author can sell the image/s in galleries, in online platforms or directly to collectors with the size 70x100cm. The co-author can sell the image/s in galleries, online platforms or

directly to collectors in the maximum size 30x40cm. The price obtained by the author or co-author shall be divided according to the above percentages. Artwork sales certificate must be signed by both parties.

Signatures

Date _____

Date _____

Cristina Nuñez Salmerón

.....

The image/s:

Pre-workshop questionnaire

This questionnaire should be filled in by all potential participants to The Self-Portrait Experience workshops

*Required

1. **Email address ***

2. **Name, surname, address, phone number ***

3. **Age ***

4. **Gender ***

Mark only one oval.

Female

Male

Other: _____

5. **Education ***

6. **Profession ***

7. **How easy or difficult is it for you to express your emotions? ***

Mark only one oval.

Too easy

Fairly easy

It depends on the situation (please explain in the section 'other')

It's hard for me to express my feelings

Other: _____

8. **Have you gone through any therapeutic process? ***

Please specify in the section 'other': what frequency and for how long, and other details you might wish to share.

Tick all that apply.

No

Yes, psychotherapy.

Yes, psycho-analysis

Yes, Gestalt

Yes, counselling or coaching

Yes, other

Other: _____

9. Do you practice other methods which allow you to be in contact with your emotions? *

in the section 'other' please explain which methods, how frequently and for how long you have used them, and if you are currently using them.

Mark only one oval.

- No
- Yes
- Other: _____

10. Have you ever taken self-portraits or selfies? *

We define the selfie as a public image produced according to the image of ourselves we want to show to others, to be shared on the social networks. We consider the self-portrait possesses an artistic intentionality, not so controlled as the selfie, allowing unconscious expression and which might not match the image we have of ourselves.

Mark only one oval.

- No, never.
- Yes, self-portraits, sometimes.
- Yes, self-portraits, often.
- Yes, selfies, sometimes.
- Yes, selfies, often.
- Other: _____

11. Why do you want to participate to The Self-Portrait Experience workshop? *

12. Are you joining The Self-Portrait Experience workshop freely and by personal choice? *

Mark only one oval.

- Yes
- No
- Other: _____

13. Are you aware that the photographic self-portrait on the expression of difficult emotions and the perception of images individually and in groups, are unconventional techniques and at present are not recognised by the medical community, but despite this they have been subjected to experimental tests conducted with scientific method? *

Mark only one oval.

- Yes
- No
- Other: _____

14. Are you aware that the self-portrait session and the techniques used by Cristina Nuñez do not in any way replace any psychological therapy such as psychotherapy or psychoanalysis? *

Mark only one oval.

- Yes
- No
- Other: _____

15. Are you aware that Cristina Nuñez and the organisers/collaborators are neither doctors nor psychotherapists? *

Mark only one oval.

- Yes
- No
- Other: _____

16. Do you declare that you have read the program, the development, the methods and the techniques that are adopted, having seen the videos *Someone to Love* and *Higher Self* by Cristina Nuñez on the method *The Self-Portrait Experience*, and that you are aware that the session requires a personal involvement in front of the group? *

Mark only one oval.

- Yes
- No
- Other: _____

17. Do you declare that you are not epileptic, that you are not in psychiatric or neurological treatment, that you have not had any heart diseases or that you have not been in psychiatric or neurological treatment before this meeting?

If you have had any of the above mentioned, please explain and let us know if your doctor has no objections to your participation to a workshop that involves emotional expression and the perception of emotions in the images.

Mark only one oval.

- Yes
- No
- Other: _____

18. Please write here any comments you wish to share with us, regarding this questionnaire and/or the workshop.

Send me a copy of my responses.