



Catharsis is the act of freeing ourselves of emotions or relieving emotional stress through the process of experiencing something, often through art. 3200 ISO film has strong contrast and grain, it lends itself well to capturing harsh, gritty subject matter. The things that haunt our memories are often in this category. You will explore how light and shadow can erase or hide memories through shooting a roll of 3200 ISO film.

Writing about Memory

Complete the following writing exercise on a page in your binder, this is just for you, no one else needs to read it.

1. Create a list of things that have happened to you that you constantly think about
2. What repeatedly shows up in your memory, visually, when you think of the things on this list? These could be people, objects, places, sounds, etc.
3. What about these memories do you wish to free yourself of?

Close your eyes –

- Choose a memory from your answers to think about
- What senses were most prevalent in creating that memory?
- Dwell on those senses, describe the sensation in your mind, think about how this affects the memory
- We are going to write for 3 minutes about these memories
- I want to give you 1 minute to think

Stream of consciousness writing –

- You are going to write for 3 minutes nonstop, first you will think about your answers to all of the above questions for one minute. Come up with a trigger: a word or phrase you can write down if you get stuck when writing (“memory, memory, memory” OR “I don’t know what to write..”)
- Set a timer on your phone for one minute.
- Think about your answers for one minute (time yourself)
- Set a timer on your phone for 3 minutes.
- Begin writing, don’t stop, you have 3 minutes (time yourself) - use your trigger if needed to prevent you from stopping to write

Read over what you have written –

- Underline the most important words or phrases
- Choose a phrase or sentence from your writing to explore further in writing for 10 minutes or until the idea is thought through completely
- Use all that you have thought about and written about to aid in your photography

You will shoot a roll of 3200 ISO (36 exposures) in order to explore how light can erase or hide personal memories. You will focus on the places and people in those memories.

Half of your roll (18 pictures) should capture memories or associations you have with people or a person (or you):

- How can this person be a symbol for something else (just use their hands or arms or part of their body to represent a memory).
- Capture the person from unique points of view—get close, look up, look down—to explore how memory distorts things
- How could you turn the camera on yourself and have you be the subject?
- How does the person become part of an environment, what is it that triggers these emotions?
- How will a person become a symbol for something? Old age, body image, profession, lifestyle?
- How will you use composition and camera techniques to obscure, hide, or erase the person and the memory?



Half of your roll (18 pictures) should capture memories or associations you have connected to spaces or objects: buildings, architecture, roads, cars, tools, things, etc.

- Consider what is significant about this place or object, showcase that.
- Explore unusual points of view—how does your memory see the place or object?
- What could stand in for the actual place if you cannot return there? How can an object be a symbol?
- How can you capture the gritty, rough, real, honest or haunting quality of a memory you wish to free of?
- How will you use composition and camera techniques to obscure, hide, or erase the place and the memory?

- TIPS -

- Make sure to change your camera's ISO to 3200 (some cameras will set it for you, but check)
- Not every camera will go up to 3200 ISO, so check that your camera does
- You will be able to shoot later in the day as well as inside or with artificial light. You will also be able to use higher shutter speeds during the day, but you must still light meter correctly.
- This emulsion is 3 stops more sensitive to light than 400 ISO film, so you will not need as much light—but good light and contrast is still important to avoid gray, flat images.
- Focus on subjects that will emphasize the grain of the film, the images will have a gritty, contrasty, rough look to them. You will not get fine details with a wide range of values. Use the grain to create a mood.

- Photographic Techniques -

- Using strong light to overexpose areas of the image (light meter for shadows)
- Using shadows to obscure to hide subjects
- Slow shutter speeds to blur subjects to erase them (use a tripod if necessary)
- Shallow depth of field
- Focus to create unexpected focal points
- Zooming and cropping
- Dramatic or uncommon points of view

- Subject Matter -

- Use symbols to stand in for your memory
- Shoot through something transparent or translucent
- Let your subject be reflections or shadows
- Let something obscure your subject partially
- Distort your memory by laying your camera on the ground, turning it upside down, shooting from below



All images by Trent Parke

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