

CATHARSIS

Cecil - Photo 2

freeing ourselves of memories and shooting with fast film

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 shoot a roll of 3200 speed film in order to purge memories or experiences that dwell in your mind and you wish to free yourself of.

You will shoot a roll of 3200 ISO (36 exposures) in order to free yourself of personal memories. You will focus on the places and people in those memories.

½ of your roll 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?



- 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 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 -

- Shallow depth of field
- Focus to create unexpected focal point
- Zooming and cropping
- Dramatic or uncommon points of view

- Subject Matter -

Consider how you can capture your subject from a different angle, point of view, or approach, just as memory is reality from a different angle, such as:

- Through something transparent or translucent
- As reflections
- As shadows
- Something obscuring your subject partially
- Laying your camera on the ground, turning it upside down, shooting from below

½ of your roll 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?

