

Treatment

Kamala van Heerden

Steps to Serenity

Introduction:

The following multi-platform documentary will be conducted as an episode that's part of a series for the company Hypermedia productions which focuses on the social issue of anxiety which has become an increasing problem within the younger generations over time. This expository documentary will be about an individual who finds solace in surfing. The purpose of this documentary will be to showcase the transformative power of movement as a coping mechanism as well as interviews with professionals. This multiplatform production is relevant in bringing awareness. The documentary will aim to provoke an emotional response to viewers through the platform, Beyond Blue a mental health website where people can seek help. A YouTube link will be implemented to show that the documentary is a part of a series and the following episodes that come next. It will employ technical and symbolic codes to create meaning and connection with the audience. "Steps to Serenity" serves as a metaphor for the broader series, highlighting a collective journey of mental health.

Synopsis:

Scene 1:

This captivating documentary unfolds with a stunning wave at Burleigh beach at sunrise, symbolizing the start of a journey towards inner peace. The scene fades to the title of "Steps to Serenity" as the wave reaches the camera and slowly goes under. Filmmaker Kamala van Heerden immerses the audience on a journey through Australia's cultural atmosphere. Surfy sounds set the tone for a montage of scenic beaches in the Gold Coast. Scenic shots of Jamali, a passionate surfer paddling through the waves following straight after.

Scene 2:

The narrative shifts to an interview of Rod, a professional mobility surfer trainer who trains a diverse selection of athletes with physical holistic mobility training. Dynamic jump cuts show a montage of exercises that he teaches in his studio representing the impactful power of movement in helping change lives.

Scene 3

We also hear from the school psychologist in an informative and engaging interview who takes a role in sharing her experience with individuals who suffer from anxiety. She shares strategies about techniques and principles that contribute to helping individuals become better.

Scene 4:

Jamali, who struggles with anxiety grabs his board and charges into the calm waves. Through insightful interviews we see his challenges, Jamali with sweating palms and nervous shaking as he confronts the big waves which resonates with his feeling of confronting life as a big blue wave.

Scene 5:

As the documentary continues, it delves deeper into the personal journeys, capturing the vulnerable moments and self-discovery moments which spark emotions in the audience. As well as continuous jump cuts between scenes to show professional insight into the connection between physical movement and mental well-being. The last shot will be providing a link to press on the next episode of the series while also providing a link to The Beyond Blue website for those seeking help. The documentary ends with Jamali, facing the sunrise symbolizing the end of his journey of self-discovery.

Justification:**Narrative:**

Filmmaker Kamala van Heerden explored how individuals use movement to overcome anxiety, led by professional experts like Rodrigo, a physical mobility specialist, and a school physiologist. This documentary will be directed towards a younger generation for those who are suffering from anxiety.

Multi-platform and documentary techniques:

The production will incorporate compelling language and visual representations to enhance the credibility and entertainment.

- An expert in the field of movement and the body will share their expertise on aspects of movement that can help anxiety.
- The school physiologist will share her experiences, tactics and what she has witnessed through her time as a psychologist.
- A young man will recount their feelings with anxiety, delving into the coping mechanisms he employs while giving insight into how anxiety significantly impacts his daily life.

Cinematography:

Cinematography plays a crucial role in showing visual elements within a scene.

- Establishing Shots will showcase the setting and location of a certain scene and sets the tone and mood for the rest of the documentary. This will often be used when Jamali is out for a surf to show the location.
- Close up shots focus on capturing the emotion of the character, particularly small details of the subject that conveys the detailed information that can be portrayed through facial expression. This can be seen when individuals who are feeling a certain emotion, which will capture their raw and genuine emotion through a close-up shot of her facial expression.
- Medium, High, and Low-Angle Shots, are used mainly in surfing scenes, a collection of medium shots can show the balance of movements on the board while high shots might capture the vastness of the waves. Low angles show the empowering nature of anxiety when it affects.
- Framing and focal point will be used to visually set a shot, this will be used during interviews when the subject must be in the center with a clear focal point. This visually enhances the overall appearance of the shots.

Mise-en-scene:

Mise-en-scene is an essential component of filmmaking as it encompasses visual elements that contribute to the narrative, characterization and the overall emotion.

- Color Palette: Warm colours are used to show domination of waves while blues and greens are for moments of struggle. The overall aesthetic will be chill old vintage surf documentary style.
- Lighting will become a key part of creating mood, during interviews with orange lighting enhances the meaning of the interviews. Low-key blue lighting will give a sense of disorientation during pivotal moments when individuals are sad, and high-key lighting to show complexities during interviews.

Sound and editing:

- Soothing voices from the interviews will be used to intentionally give the audience an overall feel when watching.
- Music is a major component as it adds emotion to the entirety of the documentary, almost every scene will have dramatic intense background music to enhance the audience's emotion.
- Postproduction is important in adding in fades, transitions and color grading. Colour correction will improve the overall aesthetic so it's visually pleasing.