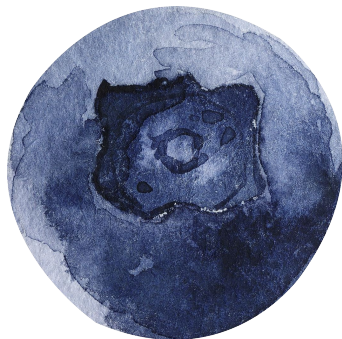


Blueberry

a cathartic realist short film



CLAIRE & SOFIA PRESENT A **CATHARTIC REALISM** PRODUCTION
BLUEBERRY (A SHORT FILM) BASED ON TRUE EVENTS A **CLAIRE CHUBBUCK** FILM
SCREENPLAY & LIFE OF **ANDREW MCINTYRE** STARRING **ANDREW MCINTYRE** AND **SOFIA D'MARCO**
EDITED BY **SHRANJAY ARORA** MUSIC BY **KRISTIAN BALINOV** DIRECTED BY **CLAIRE CHUBBUCK**

Running Time: **9 minutes**

Aspect Ratio: **2.4:1**

Sound Mix: **Stereo & 5.1 Surround Available**

Directed By: **Claire Chubbuck**

Written By: **Andrew McIntyre**

Produced By: **Claire Chubbuck
Jamie Hagan**

Production Company: **Cathartic Realism**

Edited by: **Shranjay Aurora**

Cinematographer: **Mario Garcideunas**

Composer: **Kristian Balinov**

Sound Design: **Split 20 Studio**



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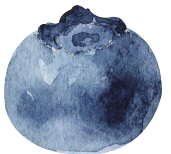
The smallest souls make the biggest impact.

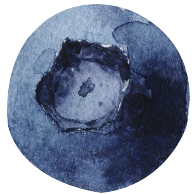
Logline

Blueberry is a **cathartic realist** short film about a couple facing an uncertain future after experiencing a sudden loss through **miscarriage during COVID**.

Synopsis

After Drew brings his girlfriend home from the hospital, his fears over the relationship ending lead to a frank discussion about the reality of the emotional and physical toll of having a miscarriage during the times of COVID. Blueberry is a cathartic realist film **about coping with loss through love featuring actors who have gone through this personal pain with their individual partners**. It is through the creation of this film they are **expressing their truths and healing together**.





Project Statement

Blueberry is a piece of Cathartic Realism - a film genre where artists tell the story of their personal traumas to find healing. The story told is personal to the survivor -- written, filmed and acted with the motivating factors of finding healing, understanding, growth, and ultimately catharsis.

The only way we can let it go is to feel it - and the stars of this film took this on as a way to heal from their respective miscarriages, and the multifaceted levels of pain that result.

We made a piece of art where we created with our traumas, finding purpose in our pain. Andrew and Sofia are speaking about their experience to add to the scope of the human experience.

In our society, we don't talk about miscarriages, even though it happens to a large percent of women. When we are vulnerable together, we create a deep connection with each other. Shame disappears when you realize you are not alone.



Cast & Crew

Story by Andrew McIntyre
Written by Andrew McIntyre
Life of Andrew McIntyre

Film by Claire Chubbuck

Cast

Drew - Andrew McIntyre

Dara - Sofia D'Marco

PostProduction

Editor - Shranjay Arora

Sound Editor - Gabriel Freeman

Composer - Kristian Balinov



Production

Director - Claire Chubbuck

Exec. Producer - Jamie Hagan

Production Supervisor - Blue Weiller

Director of Photography - Mario Garciduenas

Camera First Assistant - Alan Sova

Sound Mixer - George Tataje

Key Production Assistant - Adam Wesley Knaff

DIT - Llyod Lowe Jr

Andrew McIntyre *Biography*

Writer - Life of - Star

Andrew McIntyre was born and raised in a small town just outside Detroit, Michigan. He performing in over 40 plays and musicals before his high school graduation. Andrew also completed at the local and national levels in many forms of dance. His self-choreographed tap solo, in particular, earned several laudits, including "Best Choreography" and "Funniest Performance All Year."

Andrew attended New York University, where he trained at the Stella Adler Studio of Acting. His dream was to remain in New York post graduation and perform on Broadway. Sadly, his dream was cut short when he was diagnosed with a chronic medical condition that severely limited his physical capabilities.

After a few years of recuperation back in his hometown, Andrew moved to Los Angeles in 2014 to continue to pursue his dream, where he began attending the Ivana Chubbuck Studio, where he remains to this day.

Andrew currently resides in Glendale with his cat, Orion. His current focus is writing stories and scripts that reveal the beauty in life, and how necessary the challenges and tragedies we all experience are to shape us into the beings God has intended for us to become. The days are long, but the years are short, and Andrew intends to make the most of them all, no matter what may lay ahead.



Andrew McIntyre *Impact Statement*



I've been fighting my entire adult life. I've barely been scraping by; working minimum-wage jobs, trapping myself in dead-end relationships, even flunking out of college due to chronic health issues. But when I found out I was going to be a father, everything changed. I thought I had finally made it over the mountain I had been struggling to climb for the past fifteen years. Then we lost the baby, and my hope for the family, and future, I had desperately wanted suddenly disappeared.

Out of all the trials and losses I've suffered in my life, this was by far the deepest cut. Even though we were going through this loss together, my partner and I both felt alone. Our relationship had reached its end, and that too compounded the loss, the confusion.

Unlike previous times of struggle in my life, I didn't want to self-destruct, to tear myself down in my anger and pain. I wanted to use this moment to grow, somehow, even in the face of what I was experiencing. Through the process of writing and acting in "Blueberry," I was able to capture the moment in time I had the family I had fought for, even as life as I knew it was collapsing around me. This film helped me to focus on something other than my despair and grief.

The beauty of cathartic realism is the ability to be seen, heard, and understood. I am far from the only man who has gone through what I've gone through; yet as I was looking for support systems for men dealing with miscarriage, I found nothing. It's felt, but not spoken aloud: an invisible pain. I made this film for me, but I also made this film for the men, my brothers, who have also experienced this deep tragedy. I may have felt alone that night, but I don't want any other man to feel alone on their nights.

Sofia D'Marco *Biography*

Star

Originally born in San Jose, Costa Rica, Sofia is a Los Angeles-based actress and writer. For over ten years Sofia has been learning alongside Ivana Chubbuck, who encouraged Sofia to write and star in her first film, "this is how i lost my virginity", a film based on Sofia's life. The film was directed by Ivana's daughter, Claire Chubbuck, and not only was a beautiful friendship born - but so was Cathartic Realism.

As the first person to test the Cathartic Realism theory, Sofia's journey to find healing from sexual trauma through art inspired a whole new way to approach storytelling. By using the Ivana Chubbuck technique throughout the entire filmmaking process, Sofia was able to find catharsis from her past, and forgiveness to her rapist.

Sofia is a Cathartic Realism enthusiast, who believes that you can use your pain as beautiful colors to paint with. As an accredited teacher at Chubbuck Youth, Sofia empowers her students to find their voice and use their art to let others know they are not alone. You can find Sofia in her next Cathartic Realism film: "*In My Skin*", releasing in early 2023.



Sofia D'Marco *Impact Statement*



When I found out that I was pregnant, I was very surprised. My husband already had flowers and champagne ready to celebrate. My mom was so excited, she immediately went shopping for baby gifts. I started to fantasize about the future I was supposed to have with my baby.

Then I had the miscarriage from hell. The entire process lasted over a month. My body was physically traumatized from the pain. I went through all the phases; first the guilt, then the blame. I thought it was my fault, that I did something wrong, something to cause this. As a woman, I wondered if I was broken, if there was something wrong with me internally. I isolated myself, started drinking a lot, my miscarriage was not something I was coping with well. Since I use art to heal, I knew that's what I needed to do with this experience.

Acting in Blueberry brought hope back into my life. I was going through a lot of fear that this would happen again. I needed to let go. During rehearsal, I was able to use my experience to help Andrew process his - I was able to help a friend process their pain. This film gave my miscarriage purpose. It made me realize how much I actually want to be a mom.



Claire Chubbuck *Biography*

Director

Claire Chubbuck is an emerging female director that creates mission driven content that creates catharsis for those working on it - she calls it "Cathartic Realism". Cathartic Realism is a genre where artists tell the story of their personal traumas in order to find healing through catharsis. A take on the "true story" trope, this genre allows artists to depict their truths - the way it felt to them, but with an ending where you win for the purpose of cathartic release. The only way we can let it go is to feel it. She works with actors to use the traumatic events in their lives in order to make art - as a director, and a teacher at Ivana Chubbuck Studio, where Claire is also the Vice President.

Born in Los Angeles, California, Claire Chubbuck is the daughter of internationally celebrated acting coach, Ivana Chubbuck, and award winning director/producer, the late Lyndon Chubbuck. After going to Scripps College in 2007 for Economics, she graduated from New York University's Tisch School of the Arts with honors (recipient of the Founders Award) and a BFA in Filmmaking in 2012.

Straight out of the gate she worked at AMC Networks as a Programming and Scheduling executive when the company first gained widespread notoriety for programs such as Breaking Bad, Mad Men, The Killing, and The Walking Dead. While working there, Claire began creating short form content for SundanceTV that was broadcast worldwide.



In 2014, Claire moved to Participant Media, whose films include Good Night and Good Luck, The Help, Contagion, and Lincoln. There, she worked to launch a linear television network, Pivot, as an Acquisition and Programming executive.

In 2015, Claire found her fiancé dead of tragic circumstances; in one second, everything changed. Since then, she has been trying to help other people find an explanation for their traumas - enough to move forward without shame - with a unique community of artists that want to create. She found this community when she began teaching at Ivana Chubbuck Studios. As a teacher, she has found great pleasure in being part of inspiring so many others.

In 2019, Claire re-emerged with a new directorial debut titled 'how I lost my virginity', a short film detailing her best friend's real-life experience of kidnapping and rape - intended to provide catharsis while taking a look at the systematic problems that allow for the victims of sexual assault to far outweigh the perpetrators.

That was only the beginning of Claire's filmmaking journey. Since then, she has won over 30 awards for her films at high-profile film festivals such as Beverly Hills Film Festival, Chain Film Festival, Santa Monica International Film Festival, SF Indie Fest, Flickers' Rhode Island International Film Festival, Marina del Rey Film Festival, Silicon Beach Film Festival, and Atlanta Film Festival, among others.

Claire personally won "Best Direction" at the Best Shorts Competition, in addition to "Best First-Time Director" at Canadian Cinematography Awards, New York Cinematography Awards (NYCA), and Top Shorts Awards. She also won "Best Artistic Film" at the Atlanta Film Festival 2022, "Best Narrative" at the Washington Film Festival, and was a semi-finalist for "Best Ensemble" and "Best Experimental Film" at the Los Angeles Film Awards. Claire also won Vegas Movie Award's Prestige Award for "Best Female Filmmaker".

Currently, Claire's "Cathartic Realism" genre is being studied by medical professionals. Previous research from notable studies, including those by Dr. Brene Brown and Dr. James Pennebaker, among others, has provided evidence that Cathartic Realism is efficacious. Now, they are evaluating the therapeutic efficacy of Claire's work with a rating scale that was created specifically for Cathartic Realism and the way Claire takes her artists through their work.

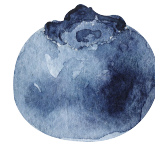


Director's Statement

I realized the brevity of time in 2021, my father passed - right before my first film made it to theaters. Since then, I have chosen to be part of the wave of women making our voices heard, and changing the landscape of filmmakers.

I want to birth a community of artists all working in the Cathartic Realist genre where we can create with our traumas, finding purpose in our pain. The more we allow people to speak on their own behalf, and share their experiences with the world, the larger our scope of understanding of the human experience.

This is why I made Blueberry, a cathartic realist short telling the true story of a couple dealing with a miscarriage starring two magnificent actors, who both needed to make a film to process this life event.





CATHARTIC REALISM

FIND BEAUTY IN THE BROKENNESS

About Cathartic Realism

Shaping Stories Through Art

Our mission is to shape and strengthen an important artistic endeavor: Cathartic Realism. A variation of the autobiographical genre, cathartic realism allows artists to depict intimate, yet vital stories as they experienced them initially; the way each moment felt to them, but with the empowerment that comes from owning your story, and thus the meaning.

Overcoming Pain Through Art

Through the acting work done in the Chubbuck Technique, along with the previous pieces of Cathartic Realism we have created, we have discovered that winning by overcoming is an important part of accepting and justifying your burdens. Through this method of storytelling, we can find the beauty in our brokenness and the purpose in our pain.

About Cathartic Realism

Finding Catharsis Through Art

Imagine watching a film wherein the artist has the opportunity to tell the story of their personal trauma to find comfort and healing. The story told is personal to the survivor -- written, acted, filmed, edited, and presented with the goal of understanding the meaning behind the suffering, and the strength we can find in a community of souls who have also experienced their own personal, similar, traumas. The end of this journey results in deep healing, understanding, growth, connection, and the important catharsis that comes at the end of that long road.

Supporting Truth Through Art

We hope to foster an environment of catharsis for both the artist and the viewing audience. While taking the short film "how I lost my virginity" on the road, we were touched by the public's response to Sofia's story of kidnapping and rape. At every screening, we were overwhelmed with the power of opening up a topic typically reserved for the dark recesses of the mind. Nearly every woman said some part of the story rang true for them -- and they were glad we were bringing light to the experience. Our viewers related to the subject of internalized trauma, enabling them to feel they were not alone in their despair. Through the catharsis of the character on the screen, as well as the writer and actress herself, the audience was encouraged to believe the truth that they too could find resolution.

Rules of Cathartic Realism

1) *The story is told for the purpose of catharsis.*

The focus of this genre is achieving healing from the creator's trauma by creating art that allows them to own their story to find resolution: creating therapeutic experiences that bring meaning to your pain, and connecting you with others sharing the same pain.

2) *The story must be true for the creator.*

Cathartic Realism empowers you to embrace your pain, insecurities, and fears, rather than hiding from them in shame. This art form helps you realize that the very things we hate about ourselves, our lives, and our experiences, is what makes us unique and strong.

3) *The story can differ from the actual events, for the purpose of overcoming the trauma.*

Art is fantasy, and fantasy can be an important part of reflecting over the traumatic experience.

The creation of the story works as an artistic processing mechanism that is done in a safe space of fellow artists. By writing your story, you claim ownership over the events and allow yourself to heal and grow.

4) *The story must be completed with the survivor's healing in mind.*

By owning your story, you choose what form your version of "winning" takes. By showing the audience your version of the experience, you will shine a light on the things that cause us shame. The empowerment of writing your story and sharing it with like-minded souls will fuel the healing process.

How Cathartic Realism Works

Stage 1: The Writing Process

The purpose of creating this type of art is to get catharsis of the authors trauma by creating a piece of art that allows them to tell their story to find resolution. You have to write from your opinion, and from perspective of the other people that played a role in your trauma. By finding the motivation of those people as characters, you are able to finding forgiveness by way of understanding. You also get to take control of the ending by claiming your own story. You get to make your character the winner. Thus, creating therapeutic experience that allows you to create with your pain.

Stage 2: The Production Process

During the production, the survivor can have conversations that they would otherwise never be able to have. This gives you a chance to find your voice and be heard as you do it. Through the acting work done in the Chubbuck Technique along with the previous pieces of Cathartic Realism we have created, we have found that winning is an important part of taking back your pain. By attempting to overcome through reclaiming trauma through storytelling, we can find the beauty in our brokenness.

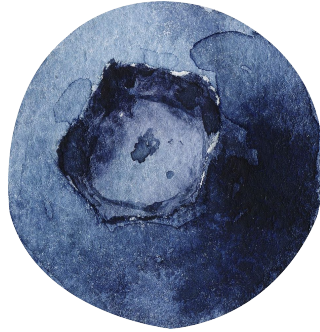
Stage 3: The Post-Production Process

We work hard in post to have all the edits, sound design, and other elements of post-production reflect how it felt to be in that moment. You own your story by showing the audience your version of the experience to shine a light on the things that cause us shame.

Stage 4: The Release

Upon release, there are two pools of people. We have fellow survivors, who open up to creating a community upon seeing the film. In the past, we have inspired silent survivors to open up and start their own healing journey. The second pool of people are those who have not experienced the trauma they witnessed on screen. We provide those people with a new understanding of this trauma.

the smallest souls make the biggest impact



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