

I believe in
control.

THERE IS ONE FAITH.
PERFECTION OF THE BODY.

PRO-ANA

BUT DYLAN DOESN'T WANT
TO DISAPPEAR.

R E C O V E R Y
M E A N S B R E A K I N G
F R E E

STARRING

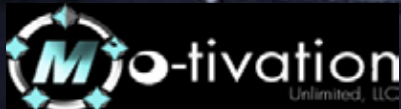
SHAWN KATHRYN KANE
JOSH ALAN
STEPHANIE CZAJKOWSKI

DIRECTED BY
WARD ROBERTS

I believe in
perfection.

I believe
in hell...

Because sometimes
I think I live in it.



www.proanathefilm.com

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MO-TIVATION UNLIMITED PRESENTS PRO-ANA



STARRING SHAWN KATHRYN KANE, JOSH ALAN, STEPHANIE CZAJKOWSKI
DIRECTED BY WARD ROBERTS

Running time 10 min
Genre..... Drama
Rating..... Not Yet Rated
Year 2015
Language English
Country of Origin United States
Format..... 1920x1080, 24fps, 16:9, Sound stereo
Sales / Distribution Maurice Hall - proanathefilm@gmail.com, 614-352-6556
Links..... Official website: www.proanathefilm.com

IMDB: www.imdb.com/title/tt4881996

Instagram: www.instagram.com/proanathefilm

Facebook: www.facebook.com/proanathemovie

Twitter: www.twitter.com/proanathefilm

Hashtag: #proanathefilm

SYNOPSIS

Pro-Ana, the film is a young woman's journey of **recovery** and **escape** from the cult of **pro-ana**, whose adherents deify body dysmorphia and live by a strict doctrine of disordered eating. For this young woman, recovery means losing everyone she loves in order to rediscover herself.

Dylan meets with a pro-ana support group daily. The group shares tips, encouragement, acceptance, and - when necessary - **discipline**. But Dylan has begun to think she can turn their tips into a lifestyle that supports eating. When Maggie, her counselor, detects Dylan's distance, the group, together with Dylan's live-in boyfriend Shannon, takes action to get Dylan back on the path to **salvation** through starvation.

"Pro-ana," "pro-mia" and "pro-thin" are innocuous-sounding names given to a real and growing online subculture of body dysmorphics seeking to become "better" disordered eaters - better addicts. This lifestyle is guided by standardized rules, iconography and mantras like the Ana Creed. Pro-Ana was largely inspired by **#ThePowerWithin** social media campaign, a forum for body dysmorphics and disordered eaters in recovery.



DIRECTOR'S STATEMENT



When Shawn sent along the shooting script for Pro-Ana, I was equal parts fascinated and horrified. The reality of such a community existing in today's society seemed impossible.

...**How** could individuals come together and consciously aid one another in behavior so blatantly destructive to their bodies?

The answer was clear... body dysmorphia is a disease. A disease that needs a much greater understanding so those in its grip have the absolute best chance of breaking free.

I hope this film will instill in its audience an awareness of pro-ana, leading to a constructive dialogue on how best to help those who are afflicted.

And for those who are afflicted, I hope this story gives them strength and encouragement in knowing they are not alone.

Ward Roberts



MORE CREW / CAST INTERVIEWS
ON PROANATHEFILM.COM/NEWS

WRITER/PRODUCER'S STATEMENT



In the spring of 2015, my friend and colleague Iris McAlpin and I were once again discussing her work with #ThePowerWithin social media campaign, the mission of which is, in part, to create a forum of acceptance and sharing for recovering sufferers of body dysmorphia and eating disorders. On this day, however, my questions to her were more probing than usual. At a certain point, I couldn't proceed without confessing I'd started conceiving a short film sparked by our discussions.

...**I** wanted to write about a young woman who, if she was similar to me, would go about her disorder in a very focused, logical goal-oriented way.

I was surprised - yet not surprised - when Iris then told me about an entire subculture in the body dysmorphia (BDD) community called "pro-ana" whose adherents do just that.

The information I uncovered while researching pro-ana was disturbing. This subculture's tenets are formalized and passionately espoused across regularly updated websites, Tumblrs, social media pages, and web journals. It is a codified denigration of self to elevate an impossible ideal. Yet, the most disconcerting discovery was that the credos resonate: they're couched in twisted and appealing logic; they borrow familiar language from motivational, spiritual and religious teachings; and they utilize powerful, affecting imagery - an iconography.

...**Pro-Ana** struck me very clearly as a religion, a cult more specifically, and that's how it's treated in our film.

Body dysmorphia is a mental disorder. Logic doesn't enter into it. Similarly, disordered eating is an addiction. Logic doesn't enter into it. Pro-ana is a cult. Logic - you know. **It takes tremendous strength to decide to free yourself** from any one of these things. Only then can you begin to recover. **That is the story we wanted to tell.**

Shawn Kathryn Kane



**MORE CREW / CAST INTERVIEWS
ON PROANATHEFILM.COM/NEWS**

CAST



SHAWN KATHRYN KANE
as Dylan

Shawn Kathryn Kane grew up in New York where she studied at NYU's Tisch School of the Arts and the Atlantic Theater. Now studying with Ivana Chubbuck, Shawn's credits include Criminal Minds, recurring roles on General Hospital and Days of Our Lives, and various independent films.



JOSH ALAN
as Shannon

Josh Alan is an American-born actor, raised in Georgetown, Texas. Josh moved to Los Angeles in 2011, trained at Ivana Chubbuck Studio and Groundlings, and began his acting career in 2013. He is also a musician, proficient with drums and guitar.



STEPHANIE CZAJKOWSKI
as Maggie

Wisconsin-native Stephanie trained at NYU's Tisch School of the Arts with Playwrights Horizons and Steppenwolf. She's appeared on such shows as Criminal Minds, Rizzoli & Isles, Scandal, and Showtime's Shameless in which she did pushups with William H. Macy.



GUSTAVO ADOLFO
as Jerod

Born and raised in Puerto Rico, Gustavo got his start as a dancer on Telemundo but was soon working as an actor on that same channel. After moving to Los Angeles, Gustavo studied Meisner technique for two years at the Joanne Baron / D.W. Brown Studio. He's recently appeared on such shows as Scandal, Bosch and Aquarius.



JENNA WILLIS
as Jessa

A graduate of Loyola Marymount University, Jersey-born former Division One volleyball player Jenna set her sights on acting and Los Angeles. She's had roles in ABC's Grey's Anatomy, FX's American Crime Story, and upcoming film It Snows All the Time beside Brett Cullen and Taryn Manning. Jenna feels honored to have been a part of this project.



JUDE LANSTON
as Brian

Jude B. Lanston is an actor living in Los Angeles. You may have seen him lately on Jimmy Kimmel Live!, Young & Hungry, or Despair Sessions, to name a few. Coming from a family that has suffered through BDD, and having many close friends who've struggled with anorexia and bulimia, Jude was proud to be part of Pro-Ana's cast.

CREW



EXECUTIVE PRODUCER

Maurice Hall

Maurice is President/CEO of Mo-tivation Unlimited, LLC which produces content via film, television and web to emphasize the five principles: Faith in God, Education, Healthy Living, Persistence and Work Ethic.

A few of Maurice's acting credits include Fox's *The Mindy Project*, Nickelodeon's *Sam & Cat*, VH1's *Hit The Floor* and the film *A Date To Die For*.

Maurice also wrote, produced, directed and starred in the feature film *Baker's Man* and the critically acclaimed dramatic web series *Shadow Love*.



DIRECTOR

Ward Roberts

Ward Roberts owns the fun, twisted brain behind two critically acclaimed feature films and countless music videos, webisodes, short films and commercials. An Indianian living in Los Angeles, Ward has a loving wife, two darling children, an old dog and an older cat.

Ward's hilarious yet disturbing cult smash feature *Dust Up* with Amber Benson played in more than 20 cities and was released in more than 100 million homes via virtually every major digital platform, as well as on DVD in major retailers. Ward's first feature, *Little Big Top* starring the iconic Sid Haig, was released theatrically to rave reviews and is currently available on Amazon and Netflix streaming as well as on DVD.



WRITER/PRODUCER

Shawn Kathryn Kane

Shawn Kathryn Kane started acting and writing at the age of five. She's a graduate of New York University's TISCH School of the Arts and the Atlantic Theater Company Acting School, currently studying with Ivana Chubbuck.

Recent writing endeavors include *The Young & The Restaurant*, an Instagram "cellenovela," *Apocalypse Wow*, an hour-long comedy-drama series, and *Noirmare*, a short film that won the grand prize at its festival debut and continues to take home honors on the festival circuit.



PRODUCTION NOTES



Pro-Ana, the film was largely inspired by Producer Iris McAlpin's work with **#ThePowerWithin** social media campaign.

In February 2015, Iris launched **#ThePowerWithin** (formerly **#NoMoreStigmas**) on her Instagram account @irismcalpin. In it, she discusses the daily issues faced by those **recovering** from **eating disorders** and other **mental illnesses**, and shares the tools and tips she's picked up on her road to happiness.

Iris first began struggling with depression at the age of 9, developed disordered eating behaviors at age 12 and, by the time she was 16, she had a full-fledged eating disorder. Her self-destructive behaviors went almost completely unchecked for years, and she kept her struggles largely to herself.

As Iris progressed through recovery in her 20s, she began to see her **unwillingness to speak** out about her experiences as part of a larger problem. Her intent with **#ThePowerWithin** is to spark a global movement toward **awareness, acceptance and support** for everyone affected by psychological disorders. In the process, she hopes to make the world safer for people to connect to who they really are and to talk freely about whatever they're dealing with, whether struggling with mental illness or not.

Pro-Ana, the film is now another aspect of Iris's work to increase global awareness and bring attention to a significant **challenge** faced by sufferers of body dysmorphia and disordered eating: the twisting of the **language of support** into "pro-ana."

THE STORY BEHIND THE STORY



“ Body dysmorphia has the highest mortality rate of any mental disorder.”

Patrick F. Sullivan, AMERICAN JOURNAL OF PSYCHIATRY

“ 1 in 5 women struggle with an eating disorder or disordered eating.”

NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH)

“ 10 million men in the United States suffer from a clinically significant eating disorder at some time in their life.”

T. D Wade, TEXTBOOK IN PSYCHIATRIC EPIDEMIOLOGY

“ Disordered eating is an addiction. When we give up an addiction, we must separate ourselves from everyone who fed into it, namely the people closest to us, and first accept being alone.”

Shawn Kathryn Kane, writer PRO-ANA



CREDITS

CAST

DylanShawn Kathryn Kane
 ShannonJosh Alan
 MaggieStephanie Czajkowski
 JerodGustavo Adolfo
 JessaJenna Willis
 BrianJude Lanston
 AlexDavid Petruzzi
 HollyJanuary Malkus
 LilyAnne Griffin
 EleanorAbbey Aziz
 DanaNikki Pardee
 AnneZoe Nash
 Support GroupAfton Quast
 Support GroupNatalie Stavola

CREW

Director Ward Roberts
 Writer Shawn Kathryn Kane
 Executive Producers Maurice Hall, Shawn Kathryn Kane
 Producer Iris McAlpin
 Associate Producer Cristina Sasso
 Editor Shawn Kathryn Kane
 Director Of Photography Joseph Panwitz
 1st Assistant Camera Patrick Wenk-Wolff
 Art Directors Cristina Sasso, Samantha Sergeant
 Composer Tim Beck
 Sound Design Steven Frazier
 First Assistant Director Tony Patterson
 Script Supervisor Cristina Sasso
 Makeup / Hair Ana Laverde
 Props and Costumes Meagan Philmore
 Production Assistants Tamika Ann & Krystal Dominguez
 Original Songs Slow Motion Celebrity