



PAINLESS

ELECTRONIC PRESS KIT

Running Time..... 9min 22sec
Genre..... Drama
Rating..... M: Infrequent coarse language
Year..... 2019
Language..... English
Country of Origin..... Australia
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SYNOPSIS

Alexis has been struggling with chronic pain her entire life. Endless doctors' visits, medications and treatments. With no real hope that her pain will ever get better, Alexis is overjoyed when her doctor offers her an experimental treatment that should cure her pain, once and for all.

Ready to take the plunge, she goes home and prepares to change her life for the better. Only something is stopping her.

Alexis spends a long night alone trying to understand why she can't bring herself to take the cure. When the things that hurt you are also the things that make you, who do you become when you let go of your pain?



DIRECTORS STATEMENT

I had the idea kicking around for a long time, to make a story about chronic pain. It comes very much from my life experience. There had been many ideas over the years that didn't see the light of day and I found myself running into the same roadblocks again and again. It's not so hard to talk about living with pain, but it's incredibly difficult to know what doesn't need to be said. Everybody knows what it's like to be in pain, but not everybody knows what it's like for pain to touch every part of your existence in the way that chronic pain does. I found it very difficult to know the difference between what parts of my experience were universal and what weren't.

I started writing *Painless* during a workshop I was doing about autobiographical storytelling. I was thinking about myself from years ago, when I'd first moved out of home, studying at university, getting out into the world and for the first time really starting to understand what my pain meant for me in a way that was quite difficult. Just how limiting it was. The idea that this was going to be a part of me forever, like, really forever, became a source of a lot of angst. The more I thought about that, the more I realised that maybe the interesting question wasn't "Who am I because of pain?" but rather, "Who would I be without it?"

My attitude is very different now than what it used to be. Definitely healthier. Alexis is very much tied to that version of me at 18, 19, 20, who was still struggling to understand how pain fit into the narrative of her life and realising she has no idea who she might be if it went away.

Tess Brading



PRODUCER'S STATEMENT

Painless began as a writing exercise for a masterclass at Griffith University. With its focus on a chronically ill heroine and her struggle to take a cure, the story sparked an intense conversation about what pain is and how to convey something so intrinsic.

We also explored how interwoven chronic pain can be with the idea of identity. A person who lives with pain every day is stronger for it – having to work harder just to do everyday activities the rest of us take for granted. Therefore, would someone so changed by years of pain necessarily find it easy to take a pill to get rid of it? And what if the pain didn't go away? What if the pain is just the pain every person feels daily? These were some of the questions discussed by our class and questions we hope have been explored in *Painless*.

In terms of audience, we hope that the film finds its audience with chronic pain sufferers and the people who know them. We hope it sparks debate as to whether she takes or doesn't take the pill and whether it would or wouldn't work. What would you do?

Overall, *Painless* is a beautifully shot and very personal film for our writer/director and one that was a joy to produce. I look forward to seeing it move into the festival circuit and hope it touches people.

Xanthie Milton

DIRECTOR BIO

Tess Brading is a Brisbane based Writer/Director working in Film, Theatre, and XR. She has a BFA in Drama from Queensland University of Technology and is currently studying an MA in Screen Production at Griffith Film School. Tess has had several play scripts produced, including Prayers for Non-Believers (2016), Let it Be (2017), and the co-devised work There's No Sex 'til the Third Act by the Latecomers (2018). She is also branching out into XR, with several works in development. Painless is Tess' first film and directorial debut. Interested in character driven stories and questions of memory and identity, she's very much looking forward to more films to come.



PRODUCER BIO

Xanthie Milton is a Writer/Producer from Queensland. After receiving her Bachelor's Degree in Entertainment Industries majoring in Screen Studies from Queensland University of Technology, Xanthie has worked on several local short films in various production roles. While completing her Master's in Screen Production at Griffith, Xanthie hopes to work on as many films and projects as possible in order to practice and hone her skills in order to fulfil her ultimate goal to create films that explore the diversity of humanity and inspire thought and understanding.

PRODUCTION STILLS





CREDITS

WRITER/DIRECTOR.....Tess Brading

PRODUCER.....Xanthie Marcelle

DOP.....Shay-Lee Smith

PROD DESIGNER.....Isabelle Rickards

EDITOR.....Nirav Ajudia

COMPOSER.....Max Brading

1ST AD.....Leonard Pang

CONTINUITY.....Patrick Evans

ASSIST PROD DES.....Brooke Shepherd

1ST AC.....Kelvin Chan

2ND AC.....Bri Reye

CHIEF LIGHTING.....Paige Hilliard

BEST BOY.....Lachlan Marshall

SOUND DESIGNER....Peter Kurucz

ASSIST SOUND.....Jackson Kitchener

ASSIST SOUND.....Maddy Healy

HMU ARTIST.....Eryn Heddle

BTS & PROD STILLS...Andrew Seymour

COLOURIST.....Shay-Lee Smith

COLOURIST.....Paige Hilliard

ALEXIS.....Abigail Rayner

DOCTOR.....Morgan Jago

MOTHER.....Gina Gray