

Kosta Athanasellis

THESE HANDS ARE NOT MINE

a film by Telly Bitsakakis and Aliko Bitsakakis



PERSEPHONE MEDIA presents A FILM BY TELLY BITSAKAKIS "THESE HANDS ARE NOT MINE" KOSTA ATHANASELLIS
edited by TELLY BITSAKAKIS written by ALIKI BITSAKAKIS original score by THEO WHITE voice acting by JACQUES DUPEL
special thanks to EMIL WHITE CIARA ESTABLE GRACE TURNER directed & photographed by TELLY BITSAKAKIS



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Logline

A struggling writer begins to question his own identity as he becomes increasingly paranoid that his doppelgänger is out to kill him.

Synopsis

Oliver is a struggling writer and poet who suffers from imposter syndrome as he struggles to complete his work. His paranoia builds over one night as he begins to suspect his doppelgänger is stalking him with the intention of destroying his work. As Oliver's grip on reality deteriorates, he is forced to confront his deepest fears and insecurities, fighting to maintain his sense of self. **These Hands Are Not Mine** is a film about what it means to be an artist and the toll it takes on the mind.

from director **Telly Bitsakakis** and writer **Aliki Bitsakakis**
inspired by Robert Louis Stevenson's "Strange Case of Dr Jekyll and Mr Hyde"

Director's Statement

These Hands Are Not Mine is a personal project as it highlights the deep insecurities of artists that I myself have felt. The concept of imposter syndrome is very familiar to me, as I struggle to remove myself from my work and see it objectively. Rather, I am highly critical of my work as I try to get it the best it can possibly be.

I am proud of the ways we crafted this project in unison with the medium of film. Content is sculpted to its form in order to best convey its story. I am excited to use the different tools film has to offer, so I feel we used films various elements, sound, music, cinematography, performance, to tell a story that could only exist as a film.

Stylistically, I was always drawn to films that are ambiguous, mysterious, and open to interpretation. I have been influenced by psychological thrillers from directors such as David Fincher and Christopher Nolan as I too seek to create challenging films that people can watch multiple times and try to piece together.

This project displays the struggles of being an artist and is thus targeted towards other creative people who have experienced all the labours of expression. In the end, we need to use all the self doubt, insecurity, and paranoia in our art.

Telly Bitsakakis



Film Team

Telly Bitsakakis | Director, Producer, Cinematographer, Editor

Telly started making films at a young age, drawn to the ability to tell stories visually, and films capability to convey emotion. Throughout his teenage years he made countless short films and two feature films. He then studied cinema at the University of Toronto for four years, getting his bachelor's degree in fine arts. Afterward, he attended Vancouver Film School's Film Production program in 2019, graduating having directed the short film, **Time Sheds No Tears**.

Aliki Bitsakakis | Writer, Producer

Aliki has been writing since she could hold a pen. Following her creative childhood, Aliki earned her undergrad as an English major at the University of Toronto. Since then Aliki finished writing her debut novel, **Self Portrait**, and works with Telly writing and producing short films.

Kosta Athanasellis | Actor (Oliver)

Kosta started performing at a young age. In university, he studied theatre at York University in Toronto. Since then he has started in multiple short films and web series. He is also an active musician, model, and dancer.

Theo White | Composer, Sound Editor and Mixer

Theo is a Toronto based musician and music producer. He studied Music Production at Fanshawe College and aspires to compass scores for feature films. Projects he has worked on include the catalog of songs by City Builders, compositions for short films such as **Time Sheds No Tears**, and the producing and engineering songs for artists including Trevor Carter and FAOC.

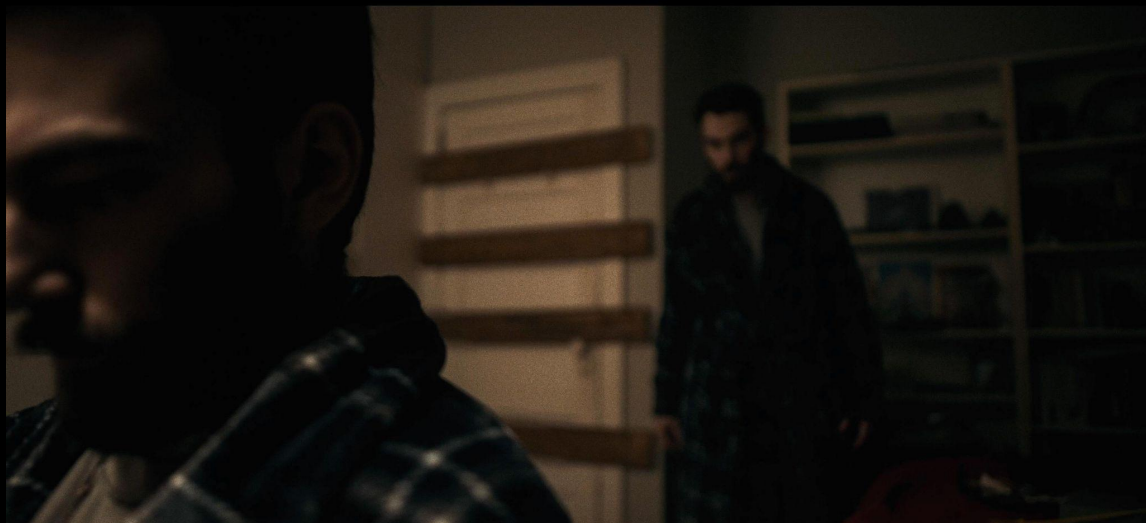
Persephone Media | Production Company

In 2020, Telly and Aliki started a production company, Persephone Media. Since then, they have produced over a dozen music videos and many more corporate videos. Telly and Aliki's real passion lies in narrative filmmaking, and "These Hands are not Mine" marks their first short film since Telly returned to Toronto from Vancouver during the pandemic and the sibling duo started working together full time.



PRESS KIT | THESE HANDS ARE NOT MINE





Credits

director, producer

Telly Bitsakakis

writer, producer

Aliki Bitsakakis

Oliver

Kosta Athanasellis

composer

Theo White

voice acting

Jacques Dupel

grip and lighting

Emil White

Grace Turner

PA

Ciara Estable

special thanks

Sophia Grigoriadis

John White

Ryan Thomas Spencer

Christin Spencer

Will Moran-Macdonald

Daniel Katsoras

Peter Barogiannis

Information

country of origin

Canada

original language

English (Canada)

date of completion

September 2023

format

Digital

aspect Ratio

2.33

duration

15 mins 36 secs

audio format

stereo

Contact

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