



# IN LOVE WITH CRAZINESS

A DOCUMENTARY FILM



A Short Documentary: 21 mins  
Director Melanie Ekholdt  
Producer Karina Astrup

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## LOGLINE

From ADHD and drug use, to redemption through the creative energy of rap music.

## SHORT SYNOPSIS

A young man's struggle with ADHD; his portal to drug use, experiences a metamorphic coming of age through the creative energy of rap music.



## SYNOPSIS

**170 words**

"Why do I judge myself, when the whole world is already doing it?" Was the line in '#Speil' ('Mirror'), a song performed by Norwegian rap artist Michael Kildal, which went straight to the heart of child psychiatrist Melanie Ekholdt. Fascinated by his artistic expression and energy, she invited him to a series of candid video-documented conversations between the two. The short documentary film 'In Love with Crazy-ness' is based on these conversations, incorporating Kildal's music videos and personal photo albums.

Kildal's story provides us with a personal insight into how the ADHD diagnosis can affect a young person's life and how it's experienced first hand. We explore how a young man, through his creativity and music, transforms his personal suffering and struggles with the system, into new possibilities and hope. In the style of an intimate audio-visual diary, we join him on his turbu-

lent youth-journey and are reminded of the importance of simply listening to these young people. The ability to transform resides in every human and we are all in continuous motion, even after adolescence.





## ABOUT THE PRODUCTION

Michael's story is one of many from young boys who feel excluded, first from school, then from society. Through taking the time to hear a first hand account, we hope to offer another layer of insight into how this can manifest.

Already as a young boy Michael had problems at school. He did not listen and could be quite aggressive towards others, biting the teachers and throwing stones at the kids. "You are crazy!" they screamed. He was given an ADHD diagnosis and chose to be one of the 'bad boys'. He joined a gang of other excluded boys, the foreigners. What began as an adrenalin rush of small petty crimes, fast turned into experimenting with different hard drugs. He entered a dark underworld, and began making music and videos, documenting his life and feelings in his song lyrics. Alone in his pain and suffering, the music he created became his emotional salvation to rise out of his dark place.

His music producer Eric was a strong figure in his life, giving him much needed support and friendship from an adult male. In the end he managed to let go of all the drugs, finding his own voice and self-acceptance,

allowing him to grow into a young adult who finally felt more complete and at ease inside himself.

Choosing a humanistic character driven approach was vastly important, in order to share Michael's youth experience outside of the more removed lens of medical analysis. Using his creative works in terms of his music and videos, meant the story could be told as authentically as possible and always in his own voice.

Keeping the character of 'Melanie the child and adolescent psychiatrist' included was also important, as she is the door to him sharing his story and gives a self-reflective voice from the other side.

Holding space and listening to our young people is an important aspect of the healing process and with this documentary we hope to encourage more wide ranging, empathetic and inclusive discussions.





## DIRECTORS STATEMENT

As a child and adolescent psychiatrist I was instantly intrigued by Michael's insightful lyrics and powerful performance when I first saw him on the TV show 'Norway's got Talent'. I was very interested in learning more about how his problems growing up with ADHD had formed him and influenced his music. One particular line in his lyrics stood out to me: "Why do I judge myself, when everybody else is already doing it?" Through his lyrics and music, Michael gives us a personal insight into his subjective world, helping us to recognize the value of learning about other young people's stories and narratives.

In the beginning my journey was more of the classical doctor/young patient relationship. But during the course of our conversations, which I had recorded for the purpose of writing a book about young boys in our modern society, I began to question my own medical practice around how I issue pharmaceutical prescriptions to young people. While listening to his stories I felt like my professional identity was collapsing, as everything I'd felt sure of was being challenged. The relationship gradually evolved to be

come more symmetrical, where there was no longer a hierarchical divide between patient and doctor, young man and middle-aged woman. We all have both masculine and feminine aspects as we are all made up of different parts; we can be young, adult and a child, constantly interchanging, sometimes at a very fast pace. By accepting our own vulnerabilities, it may lead us to better understand young people's points of view and more clearly see their talents and possibilities they each hold within.

Looking back at what I'd recorded, I recognized that Michael is a powerful storyteller and a very good co-teacher. I engaged documentary producer Karina Astrup to support and guide me in the process of creating a short film using the footage, as I'm not traditionally a film director. We were fortunate to have full access to all of Michael's music, music videos and childhood photos in order to give rich illustration to his journey. We agreed to use a young male editor, Sahil Singh, who was in his late teens, in an effort to keep the point of view from a young person's perspective. It was very much a group collaboration to bring this story to life.





## PRODUCERS STATEMENT

When Melanie first pitched the project to me and showed me her footage, I saw a different type of style that was uncommon; it was so natural, un-staged, candid and accidentally artistic. Melanie never actually planned to make a film, as it was shot as a series of informal interviews for a book she was writing. I found the footage fresh and fascinating! I really liked Michael and felt he had a strong voice. I believed he had something important to say with his life experiences and that it was possible to craft something powerful and educational out of the existing materials by using good illustration footage to support it.

I had been captivated by the Brazilian film 'City of God', where they had trained and empowered the youth who lived there to tell their own stories to keep it in their own point of view. This inspired me to suggest a similar approach with this film; where we would engage a young man to work with us on the editing. It was a different kind of experience for me, as Melanie isn't a person coming from the arts world and this was the first documentary Sahil Singh, the young editor, had worked on too. We spent a lot of time discussing

ideas as a group, aiming to give equal space and weight to each involved and slowly figured out the best way to turn this informal conversation, (with no classical interview style question/answer moments), into a watchable story that had a natural flow.

The whole process has been a very rewarding personal and professional experience for me.



## PRODUCTION TEAM



**Melanie Ekholdt – Director**

Melanie Ekholdt is a child and adolescent psychiatrist, with a strong interest in using film, art and culture for emotionally engaged participation and professional discourse, which includes young people as part of the conversation. After producing some successful YouTube clips and interviews, she was excited by the possibilities that opened up to her through the use of multimedia and digital storytelling in teaching and sharing with parents, colleagues and the wider community.

'In Love with Craziness' (aka 'Forelska i Galskap'), will be her first documentary production in collaboration with House of Gary. Through this short documentary, which will accompany a book she is currently co-writing with the film's subject Michael Kildal, she is wanting to contribute to a global conversation around how society can better understand the different expressions of boys and young men, and how the arts can be a powerful therapeutic tool.



**Karina Astrup – Producer**

As a producer, Karina Astrup has always had a strong interest in exploring personal journeys that include cultural art forms. Her debut film – '6ft Hick: notes from the underground', followed an Australian indie punk band on their low budget European tour, being broadcast on ABC TV and winning the 'Noisy Cat – Best Music Documentary Award'.

For her second documentary she worked with director Penny Vozniak, making 'Despite the Gods', a film about renowned horror director Jennifer Lynch making the first ever Hollywood/Bollywood Horror film in India. This film premiered at Hot Docs, Chicago, Fantasia and Sitges, winning 'Best Documentary', 'Best Director' and 'Best Comedy' Awards.

Teaming up with Isabel Peppard and Josie Hess, the production of 'Morgana', a bio about the dramatic reinvention of Morgana Muses, from unhappy rural Australian housewife, to becoming a world renowned erotic feminist film auteur, is her latest documentary feature. The film premiered at Melbourne IFF, Fantasia and is currently still travelling the international festival circuit winning multiple Awards along the way.

'In Love with Craziness' is one of two Norwegian short documentaries she is working with, both having a strong interest in sharing emotionally engaging life journeys through music and illustration, for the purpose of education, and increasing community awareness and empathy.

## PRODUCTION TEAM



### **Sahil Singh – Editor**

Sahil Singh is an aspiring editor among other things. He has been working mostly on small, micro budget film productions since he was 14 years of age. The films have become bigger and more demanding as the years have gone on. This includes event films, short films, documentaries and commercials. His interests however, do not lay exclusively within film-editing, but are strewn across the post production landscape.

He is currently completing a bachelors in visual effects (VFX) and continues to work with filming, photography, motion graphics and professional retouching. One day he hopes to find a workplace that will let him explore all these fields and more. When he is not glued to a computer screen working, you can usually find him glued to some other screen consuming media like a sponge.



### **Michael Kildal – Music Soundtrack and Lead Character**

Michael Kildal began making Music at around the age of 13-14, he was most inspired by rap artists Snoop Dogg and Dr Dre. He performed at his first big concert aged 16 for 3,000 people at a local Norwegian festival. In 2012 he was selected for 'Norway's Got Talent' making it into the semi-finals, and then again in 2015 making it into the finals. He went on to perform at a variety of Festivals around Europe, winning prizes in Bulgaria and Romania.

Over the next few years between the ages of 18-20, he wrote over 100 songs and produced four independent albums, releasing them on physical CD and Myspace. The style of his music changed a lot during that time, but remained mostly true to his first love of rap, sometimes crossing genres into rock, reggae, pop, R&B and blues. He then set up his own independent record label, '6900 Original Records'.

**Camera and Sound:** Melanie Ekholdt

**Additional Footage:** Sahil Singh, Nils Astrup, Karina Astrup

**Sound Design and Mix:** Rune van Deurs

**Sound Facility:** Quickstep Foley Studio

**Colourist and Online Editor:** Jon M Puntervold

**Post Production Facility:** Equippe

**Key Artist:** Nils Astrup

**Production Company:** House of Gary

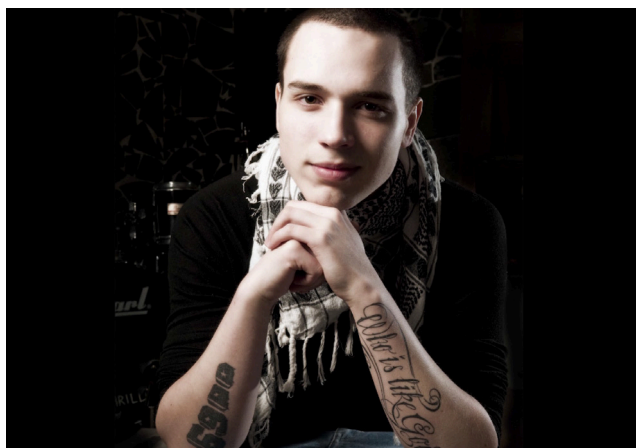
#### **APPEARING IN THE FILM:**

Michael Kildal, Melanie Ekholdt and Eirik Husabø



## STILL PHOTOGRAPHS

*The following selection of stills are available in high res upon request:*





Website: [www.forelskaigalskap.no](http://www.forelskaigalskap.no)

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The book by Melanie Ekholdt and Michael Kidal  
will be available in 2023.



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