

FOR IMMEDIATE RELEASE

Mind of Thoughts: A Visually Immersive Psychological Short Film

Belgian Filmmaker Charlotte Verminck Explores the Power and Fragility of the Human Mind

Belgian filmmaker **Charlotte Verminck** (25) takes a significant step in her career with her psychological short film *Mind of Thoughts*. This visually immersive film explores the thin line between self-doubt and self-liberation, making the unseen battle of thoughts deeply tangible for the audience.

With a **diverse cast and crew of over 50 people from eight countries** and filming locations in **Belgium, France, and the Netherlands**, *Mind of Thoughts* is a boundary-pushing project that unites national and international talents. The film was entirely **written, directed, produced, and edited independently** by Verminck, who stayed true to her artistic vision despite challenges.

In a year where independent cinema is celebrated globally — highlighted by **Sean Baker's *Anora* winning five Oscars** — *Mind of Thoughts* proves that perseverance and artistic vision can take a film as far as a large production budget.

A Psychological Journey from Self-Doubt to Liberation

Mind of Thoughts follows **Elle Davis**, a young artist trapped in an unrelenting struggle with her own thoughts. Despite her talent, she battles an inner conflict that **undermines her confidence and distorts her reality**. Ashamed of her doubts, she hides her struggle — even from her partner.

When a unique opportunity arises, it seems like the perfect moment to prove herself and regain control over the chaos in her mind. But under the watchful eye of a mysterious mentor, **her deepest fears become tangible**.

As the line between imagination and reality blurs, **Elle is forced to confront her greatest obstacle: herself**.

The film delves deep into themes of **mental struggle, imposter syndrome, and the power of vulnerability**, offering an immersive experience that does more than tell a story — it makes the audience feel it.

A Cinematic Experience That Feels Physical

In *Mind of Thoughts*, **cinematography, music, and movement** merge to make mental struggle tangible. Dance is not used as entertainment but as an expressive visual language, **turning emotions and inner conflicts into a physical experience** for the audience.

- **Choreography by Rebecca De Kempe**, using movement as a psychological exploration of the subconscious.
- **Cinematography by Giancarlo Stigliano**, immersing viewers in the protagonist's mental descent.
- **Original score by Golden Trailer Award-winner Kati Falk-Flores** (*Venom: Let There Be Carnage*, *Mary Poppins Returns*), heightening the film's psychological intensity.

With **Brienne Mizell in her first leading role** and **Berthe Tanwo Njole** (*Thuis*, *Two to Tango*, *Le Grand Cirque*) as the enigmatic mentor, the film brings together a **powerful cast** that brings the intense inner struggle to life.

Hollywood Premiere and International Festival Run

Mind of Thoughts is a fully **independent production** that is now gaining international recognition. The film **will have its Hollywood premiere on April 4, 2025**, at **TCL Chinese 6 Theatres** as part of the **Beverly Hills Film Festival**.

Additionally, **Charlotte Verminck has been nominated for Best First-Time Director at the Red Movie Awards in Reims, France** (*Winners announced on May 24, 2025*).

Through its blend of **mental depth, innovative visuals, and emotionally gripping storytelling**, *Mind of Thoughts* positions itself as a film that pushes the boundaries of psychological cinema.

Behind the Scenes: A 10-Episode Documentary Series

The making of *Mind of Thoughts* was as intense as its story — **a journey of artistic risks, creative breakthroughs, and unwavering dedication**.

To capture this process, a **10-episode BTS series** was created, offering **an exclusive behind-the-scenes look** at:

- The **full production process** — from script to screen
- How the team **overcame production challenges** (extreme weather conditions, time constraints, locations)
- The **power of choreography and movement** in visual storytelling
- **International collaboration** — bringing an independent film to life with a cast & crew from eight countries

[Watch the exclusive 10-episode BTS series HERE.](#)

About Director Charlotte Verminck

Charlotte Verminck is a Belgian filmmaker known for her **psychologically immersive storytelling, visual strength, and bold cinematic language**. She started editing at just **10 years old**, developing a unique style that blends **introspection with expressive visual storytelling**.

At **17**, she became **Creative Director for renowned Belgian musician Ozark Henry**, experimenting with **multidisciplinary visual concepts and storytelling**. She later refined her craft in Los Angeles at **Little Minx**, the renowned production company led by **Rhea Scott**, daughter-in-law of **Ridley Scott** (*Gladiator, Alien, Blade Runner*), where she deepened her knowledge of **high-end production and innovative storytelling**.

Her **video poem *Pathless* (2022)** was selected for the **Poetry Film Festival in Los Angeles**, earning recognition for its **emotional depth and cinematic precision**.

With *Mind of Thoughts*, Verminck is making a **significant international step**. The film has been selected for the **Beverly Hills Film Festival**, premiering on **April 4, 2025**, in Hollywood. She has also been nominated for **Best First-Time Director at the Red Movie Awards in Reims, France**.

Charlotte's work is defined by its **strong visual identity, thematic depth, and bold cinematic voice**. As a filmmaker, she wrote, directed, produced, and edited *Mind of Thoughts* entirely independently. Her **uncompromising vision and perseverance** prove that artistic dedication and determination can elevate a film to **international recognition**.

Press & Interview Requests

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[Download high-resolution film stills & media assets HERE.](#)

Website: www.mindofthoughts.com

Follow on Instagram: [@mindofthoughtsfilm](https://www.instagram.com/mindofthoughtsfilm)

For more information on *Mind of Thoughts*, to request an interview, or for **exclusive behind-the-scenes content**, feel free to get in touch!