

NOTA BENE PRODUCTIONS and HORIZONTAL FILMS present



The Unfixing

All change starts with a story.

a film by NICOLE BETANCOURT

written, directed, produced & edited by NICOLE BETANCOURT • producer ROSE KOWALSKI
composer & sound designer BRAY POOR • consulting producers JEANNE BETANCOURT, CYNTHIA KANE, SHEILA NEVINS, BRAY POOR
directors of photography NICOLE BETANCOURT, ANDREW DENATALE, BRAULIO JATAR, ANNA MOLINS
post-production supervisor MARC DOMINICI • color & finishing CRISTÓBAL BOLAÑOS • re-recording mixer DANI ZACARIAS



Press Kit



The Unfixing

"Wholly original cinema that people hope to see at a film festival... [The Unfixing is] an art film inside a memoir."
- [The Movie Gourmet, Best of Cinequest](#)

"The Unfixing is an absolutely remarkable film and it is so artistically told. This is ultimately a film that is so full of hope."
- [Robert Emmet, Thoughtline KFJC Radio](#)

"For Betancourt, making The Unfixing wasn't a career move. It was survival."

"Soft, not didactic. Revolutionary, not forceful."
- [News Daily - Frankie Stein](#)

Press Contacts:

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Director Nicole Betancourt nmbetancourt@gmail.com

Website : www.theunfixing.com



Press Release

Director Nicole Betancourt, Emmy and Golden Spire Award winner, returns to documentary filmmaking with her second feature film, ***THE UNFIXING***.

Acclaimed director Nicole Betancourt returns to the documentary scene with her second feature film, ***THE UNFIXING***, which World Premiered at the 28th edition of renowned Ji.Hlava International Documentary Film Festival in October 2024 and has won the **Audience Award for Best Feature at the Vermont Film & Folklore Festival**, **Best International Documentary** & **Best Cinematography** at **Cerdanya Film Fest Spain**, **Best Sustainability Film** at **Sustain Film Festival UK** and **Best Feature** at **Between The Blue And Green Film Festival UK**. Known for her Emmy and Golden Spire award-winning work, Betancourt weaves together personal and environmental narratives in this deeply evocative and joyful film.

Between life and death, awake and dreaming, a path to healing emerges.

After a surfing accident triggers inexplicable symptoms, Nicole is left unable to work or care for her daughters. This marks the beginning of a personal journey of transformation, where her own suffering, her daughters' climate anxiety, and a broader reflection on the state of the planet become deeply intertwined. In front of the camera, and in dialogue with the rhythms of nature, Nicole explores how grief and hope ripple outward—through bodies, generations, and landscapes.

Through an intricate blend of family archives, vérité, and animation, Nicole traces the interconnected threads of her personal loss from becoming ill with Myalgic Encephalomyelitis (CFS), her family's suffering, and the global environmental crisis. Her journey culminates in a vision of hope and possibility, as she reconnects with the natural world and finds healing not only for herself but for the planet she loves.

"Wholly original cinema that people hope to see at a film festival... *The Unfixing* is an art film inside a memoir."

— *The Movie Gourmet*

"*The Unfixing* is gorgeous, incredibly deep and wide, and truthful. Its prescription has good results in one swallow."

— *Sheila Nevins, winner of 11 Oscars, 31 Emmys and 42 Peabodys*

"*The Unfixing* is an absolutely remarkable film and it is so artistically told. This is ultimately a film that is so full of hope."

— *Robert Emmet, Thoughtline, KFJC Radio*

***THE UNFIXING* — All change starts with a story**

For press inquiries, materials or interview requests:

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Rose Kowalski (producer) – rose@horizontalfilms.net – +34 628 061 040

Awards & Festivals

AWARDS:

- AUDIENCE AWARD FOR BEST FEATURE - Vermont Film And Folklore Festival
- BEST INTERNATIONAL DOCUMENTARY - Cerdanya Film Fest
- BEST CINEMATOGRAPHY - Cerdanya Film Fest
- BEST SUSTAINABILITY FILM - Sustain Film Festival
- BEST DRAMA OR DOCUMENTARY - Between The Blue And Green Film Festival

OTHER FESTIVALS:

- 2024 Ji.hlava International Documentary Film Festival, Czech Republic
- 2025 DOK#7 Belgrade Documentary FF
- CINEQUEST Film And Creativity Festival, USA
- Millenium Film Festival, Brussels, Belgium
- Worcester Film Festival, UK
- HER Docs, Poland
- SUNCINE Film Festival, Spain

Social Media

INSTAGAM	WHO	ROLE
@theunfixing	The film	
@n.b.patterns	Nicole Betancourt	director/protagonist
@adriennemareebrown	Adrienne Maree Brown	protagonist
@horizontalfilmsmedia	Rose Kowalski	producer
@womenmakemovies	Women Make Movies	fiscal sponsor
@antavianavfxpost	Antaviana Films	post-production
@catalanfilms	Catalan Films	regional film board Spain

Assets

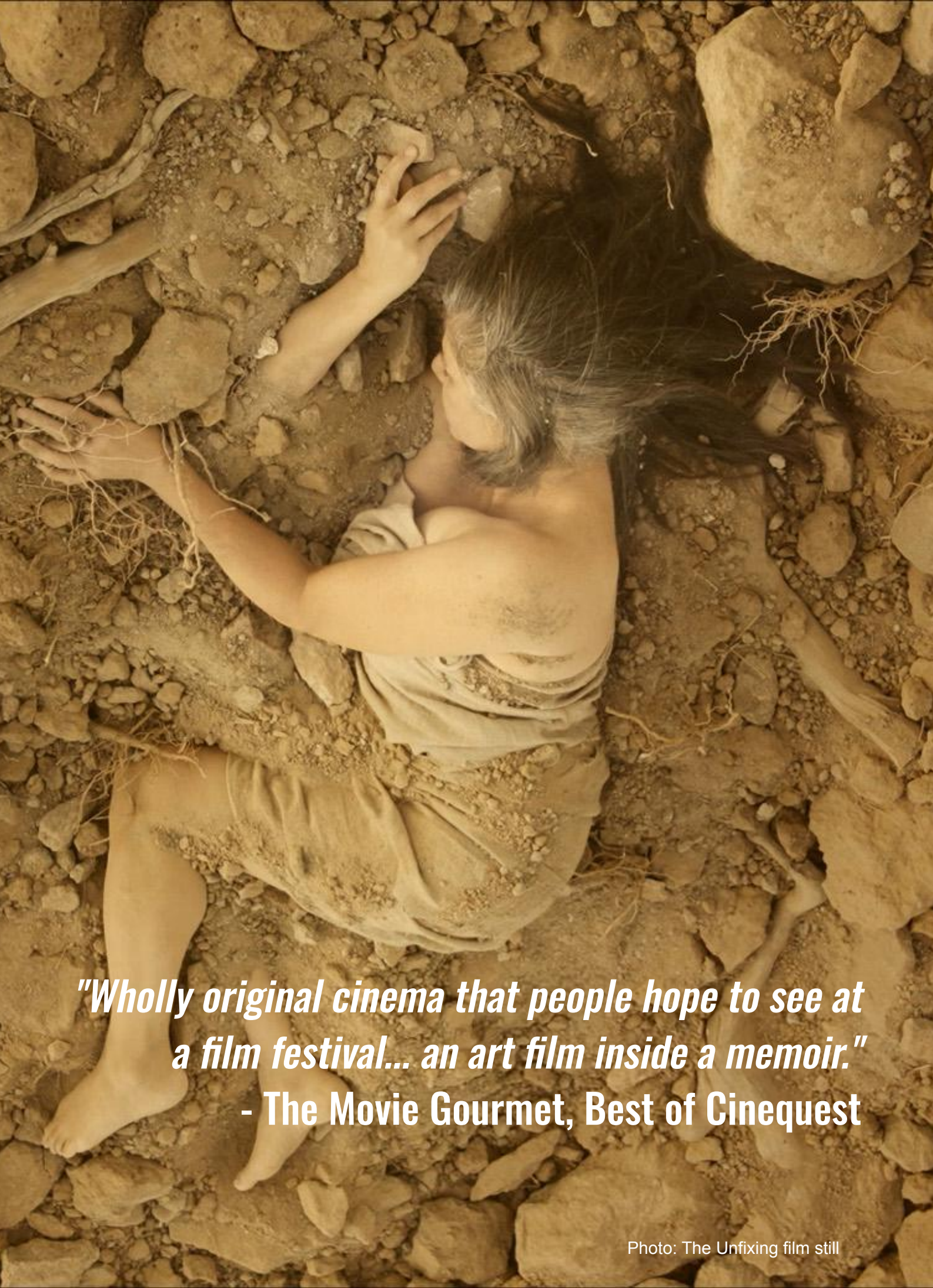
[Film stills](#)

[Director stills](#)

[Press Clips](#)

[Trailer](#)

[Poster](#)



***"Wholly original cinema that people hope to see at
a film festival... an art film inside a memoir."***
- The Movie Gourmet, Best of Cinequest

Photo: The Unfixing film still

Logline & Synopses

Logline:

A mother faces overwhelming challenges of personal and global loss as her children inherit a world plagued by environmental crises. Her journey transforms grief into a new story, one that sees loss as an opportunity to forge a future of resilience and togetherness.

Short synopsis:

After a surfing accident triggers inexplicable symptoms that leave Nicole unable to work or parent her children, she embarks on a quest of self-discovery. Guided by dreams, nature, and wisdom from others, she weaves an immersive diary of destruction, trauma, love, and renewal. Her journey transforms grief into a new story as she begins to see beauty and regeneration in the world around her.

Long synopsis:

In *THE UNFIXING*, Nicole, a Brooklyn born mother of two, offers an immersive diary of destruction, grief, pain, love, and transformation. Using family archives, verité, and animation to meticulously weave a pathway of heartwarming scenes, she explores how all these themes ripple outward, echoing across generations and landscapes.

A surfing accident triggers seemingly disparate symptoms in Nicole, she cannot work and can barely parent her kids. No doctor can identify the cause. As she begins to unravel the mystery of what is wrong with her, she discovers larger and larger questions connecting her journey with her parents, her children, and Mother Earth.

Continues on next page >>>

Logline & Synopses cont.

After months of inconclusive medical visits, Nicole discovers a condition that mirrors her experience: Myalgic Encephalomyelitis (M.E.), once known as chronic fatigue syndrome. Dismissed by her GP and overlooked by more than fifteen doctors, the diagnosis finally arrives—offering a name, but no clear answers. She begins to trace the invisible rhythms of this misunderstood illness, navigating its silent crashes and the quiet toll it takes on her family, while learning to live with uncertainty.

Her youngest child, Blue, expresses their deep anxiety about the climate crisis. They tell her that the Earth their generation is inheriting “is like getting a broken present and we’re expected to fix it.” They have lost part of their mother to illness and they are losing parts of the planet - polluted oceans, burnt forests, and dying species - to the global environmental crisis.

In what seems the most cruellest twists of fate, Nicole’s older child, Pilar, becomes gravely ill with chronic Lyme disease, a condition exacerbated by climate change. Pilar struggles with paralysis and an inability to attend school, taking the family to breaking point. Nicole’s survival strategy of resilience—built on her own experience of loss—begins to unravel. Faced with mounting grief, Nicole spirals into despair, questioning her will to continue.

A vision of her late father, who died of AIDS when it was poorly understood, sparks a turning point. His peace inspires Nicole to confront the heartbreak surrounding her—polluted oceans, burning forests, dying species, and her family’s health struggles.

With restored spirit, Nicole manages to hike to an alpine lake, where a moment of connection with Wild Gray Jays fills her with awe and renewal. Accepting that she is just a small part of the planet that created her, Nicole finds the strength to embrace possibility and hope. Her sorrow transforms into a fresh narrative, one that sees loss as an opportunity to forge a future of resilience and togetherness.



It's my
Fault.

An absolutely remarkable film and it is so artistically told. This is ultimately a film that is so full of hope."

- Robert Emmet, Thoughtline KFJC Radio

Photo: The Unfixing film still

The Director

Nicole Betancourt is an Emmy Award-winning filmmaker celebrated for her ability to merge the personal and the political in emotionally impactful stories. Her debut documentary, ***BEFORE YOU GO*** (HBO), about her father's death from AIDS, garnered multiple awards, including an *Emmy for Outstanding Individual Achievement in Documentary* and a *Golden Spire* at the San Francisco International Film Festival. Betancourt has continued to work at the intersection of social issues and personal stories, producing and directing films such as ***90 MILES*** (POV/PBS), ***SING THE WATER SONG***, and shorts that highlight environmental and social justice issues. She is also the former Executive Director of MediaRights, a nonprofit organisation dedicated to media for social change, where she produced the award-winning *Media That Matters Film Festival* and the first online outreach toolkit for filmmakers. She is a Sustainability Leaders Network Fellow, a Kellogg Food and Community Fellow, and served on the Emmy awards jury, New York State Council of the Arts panel, and the New York Women in Film & Television board.

THE UNFIXING Film, feature documentary, Director, Writer, Editor 2024

THE UNFIXING Installation, video installation, Video Artist, 2021

HEALING REBEL, 20-min NFT educational video, Director, Camera, Editor 2019

SING THE WATER SONG, 4-min viral video, Director, Editor 2018

SAVING CARLA, episode (Need to Know/WNET/PBS), Producer, 2012

PARENT EARTH series, 70 shorts, Producer, 2008-2012

PARTES DE AGUA, installation (Studio lloil and Los Danzantes, Oaxaca, Mexico), Video Artist, 2006

90 MILES, documentary (76-min/festivals, 53-min/POV/PBS), Producer, Camera, 1998-2000

BEFORE YOU GO: A DAUGHTER'S DIARY, documentary (55 min - HBO), Director, Producer, Writer, Camera 1996

[Interview with the director](#)

A portrait of Nicole Betancourt, a woman with long dark hair, sitting on a dark metal park bench. She is wearing a dark grey blazer over a black top, a gold chain necklace, and a ring. Her hands are clasped in her lap. The background shows a park setting with large trees and a brick building in the distance. The lighting is soft, highlighting her face and hair.

"Stories change our chemistry and the wiring of our brains. But our stories about nature aren't just changing us, they are changing the landscape"

Nicole Betancourt

Photo: Nicole Betancourt by Heidi Gutman

Protagonists

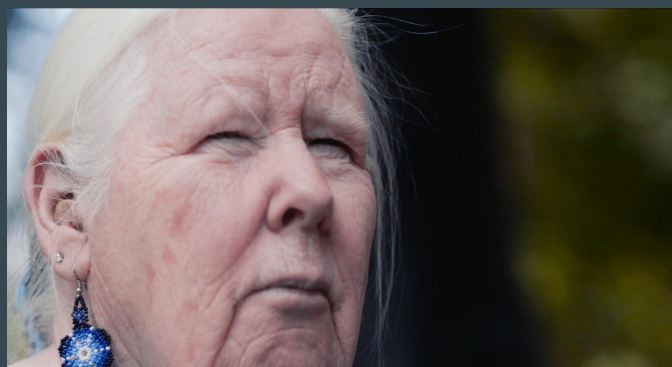
Adrienne Maree Brown

Adrienne Maree Brown is a New York Times-bestselling author, activist, and community organizer known for her visionary work in social justice, healing, and transformative change. Author of “Loving Corrections,” “Emergent Strategy,” and “Pleasure Activism,” Adrienne’s work blends political philosophy with practical guidance on how individuals and communities can transform society. Inspired by nature, science fiction, and the wisdom of ancestors, she advocates for personal and collective healing as central to social movements. Through her writing, facilitation, and organizing, she empowers people to imagine new futures rooted in justice, joy, and sustainability.



Grandmother Nancy Andry

Grandmother Nancy Andry is of Algonquin and French heritage. As an elder, storyteller, and healer she has spent much of her life preserving and practicing ancestral indigenous healing traditions. A Sundancer and a Sacred Pipe carrier, she is acknowledged as an elder and a grandmother in her communities in Canada, where she was given instruction to bring out and share certain teachings. She is a well-known storyteller in schools, health facilities, the pow wow circuit, and served as a facilitator for a Native Women’s Circle in federal prison for 17 years.



Grandmother Margaret Behan

Grandmother Margaret Behan is a Cheyenne-Arapaho elder, healer, and one of the original members of the International Council of Thirteen Indigenous Grandmothers. As a descendant of survivors of the Sand Creek Massacre, Grandmother Margaret has dedicated her life to healing intergenerational trauma within her community. A master in traditional Cheyenne healing practices, she is deeply committed to preserving Native traditions, language, and culture for future generations. She works with youth and women, offering her wisdom to inspire spiritual and cultural regeneration, while advocating for global peace and environmental protection.



Protagonists cont.

Doña Enriqueta Contreras

Doña Enriqueta Contreras is a revered Indigenous elder and traditional healer from the Zapotec people of Mexico. For decades, she has been dedicated to preserving and sharing the wisdom of her ancestors through traditional medicine and spiritual practices. Doña Enriqueta is a practicing midwife known for her deep knowledge of plant medicine, ritual healing, and her role in maintaining the sacred traditions of her people. She is often sought out for her guidance and healing in times of personal and collective crisis, blending ancient wisdom with contemporary resilience.



Jeanne Betancourt

Jeanne Betancourt is Nicole's mother and an acclaimed author (of over 70 books) and a screenwriter, best known for her popular children's book series *The Pony Pals*, which has captivated young readers worldwide. With a career spanning over four decades, her writing often focuses on themes of friendship, empathy, and adventure, resonating with audiences of all ages. Jeanne was nominated for an Emmy as a writer for educational and children's programming. She is now focusing on her work as a visual artist - painting and printmaking.



The Betancourt-Poor Family

The Betancourt-Poor family, consisting of filmmaker Nicole Betancourt, and sound designer Bray Poor, and their children Pilar and Blue, are a creative and resilient family navigating the complexities of personal health struggles and the global climate crisis. The children, Pilar and Blue, bring a unique perspective to the family's journey, with Pilar confronting health challenges related to Lyme disease and Blue expressing deep concern for the environment and climate change. Together, the family embarks on a transformative journey of healing and awakening, both personal and planetary, as they explore how grief, resilience, and love can shape a new narrative for the future.



Production

THE UNFIXING is a USA-Spain co-production filmed over eight years by Nicole in locations across the United States, Spain, the Dominican Republic, and Mexico. Metaphoric, animated scenes were devised and constructed in response to Nicole's recurring dreams using artisanal techniques, each responding to the needs in question. Additional film crews were incorporated for key scenes and included Directors of Photography Anna Molins (*The Odd-Job Men*), and Braulio Jatar (*Where Chaos Reigns*).

The film's moving sound track was composed especially by Tony Award nominee Bray Poor who was also responsible for the meticulous sound design. Antaviana Films in Barcelona, Spain carried out VFX and the entire post-production process.



Production

Rose Kowalski - Producer

Rose began her filmmaking career 25 years ago at Central Saint Martins in London, earning recognition from the Arts Council and Film Council of England for her innovative work. Based in Spain since 2001, she has led the production and post-production of award-winning films, including *Balomania* (2024), *Only on Earth* (2024), and *Duo* (2022). In 2023, she founded Horizontal Films Media to focus on rebellious fiction and creative documentaries. In 2024, she was selected for the AccióProducció mentoring program by Dones Visuals & Catalan Films.



Bray Poor - Sound Designer & Composer

Bray Poor is a Tony-nominated sound designer for theater and film. His work has been heard on Broadway, Off-Broadway and in regional theaters all over the United States. Internationally, he has created award winning sound design in Amsterdam, London and Mexico. He has won two Obie awards, including one for Sustained Excellence in Sound Design. He has been nominated for several Lortel and Drama Desk awards. His sound art has been presented in New York City and Mexico.



Production

Sheila Nevins - Consulting Producer

Sheila is one of the most influential figures in documentary filmmaking, with over 1,000 films produced. As the former President of HBO Documentary Films and head of MTV Documentary Films, her work has garnered 35 News and Documentary Emmy Awards, 42 Peabody Awards, and 26 Academy Awards. Nevins has been recognized with a record 31 individual Primetime Emmy Awards and was inducted into the Broadcasting & Cable Hall of Fame in 2000.



Cynthia Kane - Consulting Producer

Cynthia Kane is the CEO and Founder of the Kane Intentional Communication Institute and a renowned author and communication expert. With degrees from Bard College (BA) and Sarah Lawrence College (MFA), Cynthia has published several acclaimed works, including *How to Communicate like a Buddhist* (2016) and *The Pause Principle* (2025). Recognized as one of the top communication coaches by Yahoo in 2021, Cynthia's expertise has been featured in international publications such as The Washington Post, BBC Travel, and Refinery29. She has also appeared as a mindfulness and meditation expert on Great Day Washington and other national programs.



Antaviana - Post-Production

With over 30 years of experience, Antaviana is a leading post-production studio specializing in films, documentaries and series. Antaviana is a reference in the audiovisual sector, and their expertise spans from pre-production to final delivery, including editing, VFX, sound design and color grading. The company is renowned for their work on acclaimed films including *The Belly of the Sea* (2021), *Las Niñas* (2021), *La Vampira de Barcelona* (2021) and *Yo Adicto* (2022).





*"Gorgeous, incredibly deep and wide, and truthful.
Its prescription has good results in one swallow"*

Sheila Nevins

Photo: The Unfixing film still

Interview with the director

The Movement Below The Surface: Interview with Nicole Betancourt

What is the connection between your health and the climate crisis?

THE UNFIXING looks at the human body as part of the earth. The most dominant systems in medicine and industry were not created with a reverence for the interconnection of life. Don't polluted water and air impact our health?

Trying to separate, define, and fix all of these little parts of me didn't really help me heal as much as understanding how interconnected I am with the Earth. Facing chronic illness, like facing the climate crisis, involves ongoing loss and an uncertain future. With the climate crisis and with chronic illness, the losses can feel like they are piling up with no end in sight. This is different from losing a loved one where we are expected to grieve the loss. Climate grief and grief over our lost abilities are not acknowledged by our dominant culture, there is no place for them. How do we heal without first acknowledging what we are losing?

In the film I learn to surrender, grieve, and ultimately heal partly through my relationship with nature. Healing our bodies means healing our relationship with each other and the earth. We gain this perspective in the film with the guidance of the wise women I meet on my journey. THE UNFIXING is a story of motherhood in widening circles, the stories of daughters, mothers, and mother earth.

Why this film now?

So many young people are anxious and in despair, and why wouldn't they be? They are growing up with looming pandemics, social injustice, and climate disasters. As my child Blue said at the age of 12, "I don't really have hope that the world's going to turn around." I want to help transform that fear of an uncertain future into interest in a potentially transformed future. If we don't believe things can change, who will?

We are living in a time of transition, a liminal world. I hope that this film offers another way to face the sickness in our bodies and planet, a path of allowing, listening, receiving - all things I thought were passive. Now I know they are active, courageous, and acts of rebellion.

How is the film helpful for people with Myalgic Encephalomyelitis (ME/CFS) or other chronic conditions like Long Covid and Lyme?

When I was sickest and when my daughter Pilar was sickest, the voice in my head and the response from doctors made me question my own reality. I thought, if doctors don't see something wrong with me, am I not sick? Am I just weak or crazy? This happens a lot to women when visiting doctors. When medical professionals don't understand our conditions, we are often seen as hysterical, over-sensitive, or hypochondriacs. This lack of validation is extremely stressful. THE UNFIXING shows the disconnect between what I was experiencing and what doctors were saying. When I was finally diagnosed with ME/CFS it was liberating, but it was also challenging. There is no cure for ME/CFS, yet I had to believe I could get better in order to heal myself. So my message to those who are sick like me is that your symptoms are real, you have been suffering, and you can get better.

Interview cont.

At times the film has a surreal quality to it. Where did that come from?

Because I couldn't just take a pill and be cured - there is no pill to cure ME/CFS - it forced me on a metaphysical journey that surprisingly helped me heal.

Popular experiences with ayahuasca and psilocybin are now recognized as healing modalities for all kinds of ailments and traumas. For me it was a little different. I wasn't taking hallucinogens. My illness suspended me between sleep and wakefulness for hours a day and I started having visions and lucid dreams. I would see things and have these visions - like feeling the voice of nature. And that made me want to know more. If I couldn't figure out how to craft a scene, I would ask myself about it while falling asleep. Then I would dream about that scene and wake up with the answer. In essence, much of the *THE UNFIXING* was created in my dreams.

What change do you want *THE UNFIXING* to inspire?

It is my hope that this film can be useful as a tool to help heal our relationship with nature and our bodies. Our personal narratives and our individual relationships with nature are fundamental for making concrete changes to the complex systems wreaking havoc on our health and our world. My vision is that when people hear our stories they will feel more comfortable talking about their own stories, allowing people to grieve and ultimately dream together.

But how do you see this film making a difference in the real world?

How can we learn from ancient wisdom and from nature herself? More and more people are asking this question including the study of biomimicry, systems theory, different modalities to heal trauma, neuroplasticity, integrated medicine, and shared indigenous wisdom. It is about finding a way to live in right-relationship with life. As Adrienne Maree Brown says in the film, if, like starling birds flying by the thousands in murmurations, we pay attention to the relationship with the group of birds around us, "We will find ourselves flocking together." And from this internal and external alignment, solutions will emerge that we can't even imagine from where we are standing now. This is the system theory concept of emergence.

What is emerging could be defined as spiritual, cultural, or psychological change - the stories we tell to each other and even to ourselves are fundamental to making a shift in the world. Science shows that **stories change our chemistry and the wiring of our brains. But our stories about nature aren't just changing us, they are changing the landscape.** Our extractionist relationship with the Earth has created the climate crisis, pollution, and loss of life. Changing our fundamental belief from seeking power over nature to seeking power with nature would change the systems we create, which would shape our behaviors, and ultimately there would be different outcomes. Cultural and political change starts with how we change the narrative. *THE UNFIXING* is my contribution to that narrative.

Artistic & Tech Specs

Writer -Director : Nicole Betancourt

Composer : Bray Poor

Producer : Rose Kowalski

Consulting Producers : Jeanne Betancourt, Cynthia Kane, Sheila Nevins

Directors of Photography: Anna Molins, Andrew DeNatale, Braulio Jatar

Editor : Nicole Betancourt

Sound Designer : Bray Poor

Color Grader : Cristóbal Bolaños

Re-recording Mixer : Dani Zacarias

On-camera Experts (in order of appearance):

Doña Enriqueta Contreras

Grandmother Margaret Behan

Grandmother Nancy Andry

Adrienne Maree Brown

Title:	The Unfixing
Genre:	Documentary Feature
Director:	Nicole Betancourt
Year:	2024
Status:	In festivals
Duration:	87'
Production format:	4K
Projection format:	DCP Resolution: 2K Ratio/Format: 1.85/FLAT Sound: 5.1 Dolby + stereo Speed: 50FPS



Soft, not didactic. Revolutionary, not forceful.”
Frankie Stein, News Daily

Photo: The Unfixing film still