



# GROUP THERAPY

# Logline

GROUP THERAPY is one man's journey through the battle going on inside his own head.

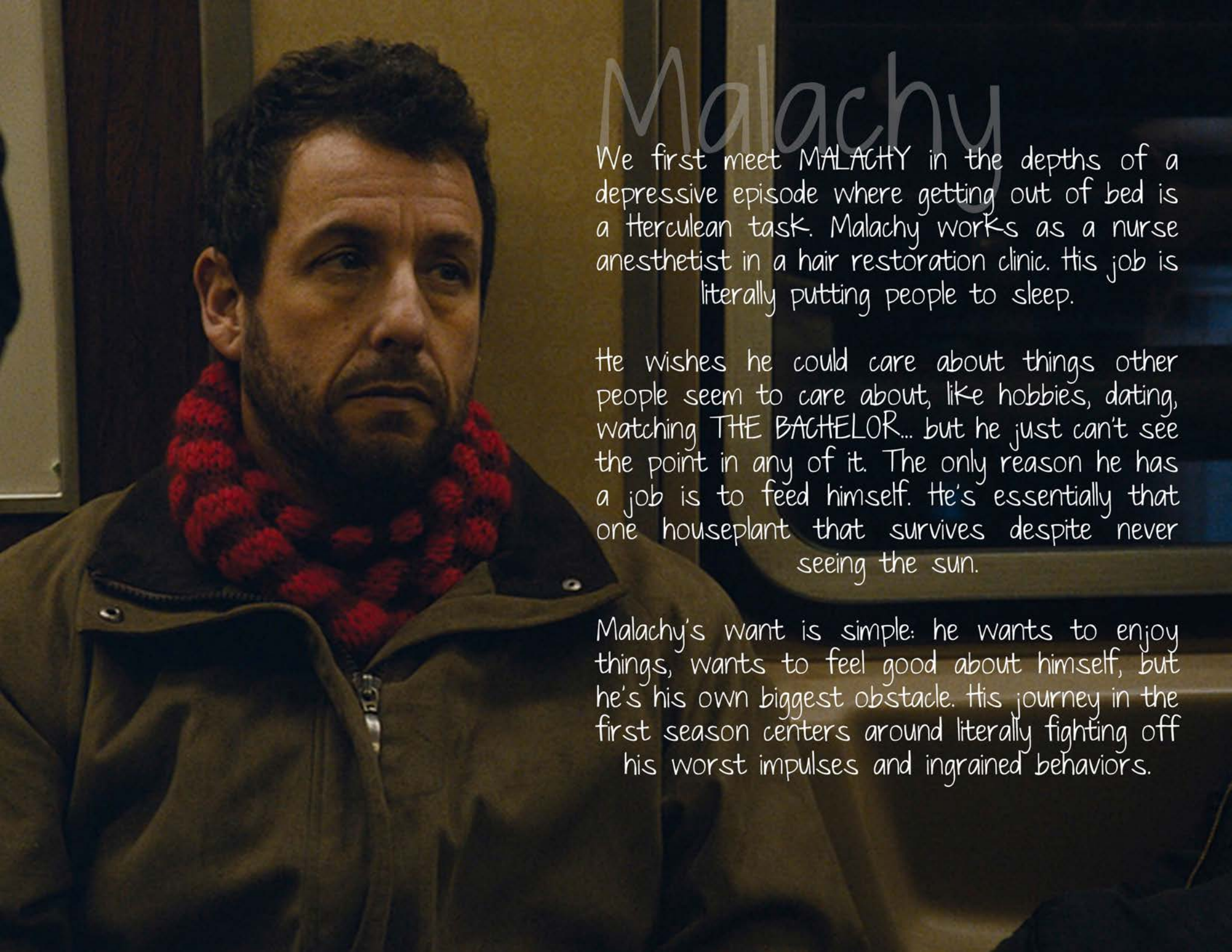
All his emotions, impulses, and even the chemical reactions in his brain are living, breathing characters actively trying to ruin his life.





# Tone

The tone of the series is dark comedy. Think *IN BRUGES* meets *DOLLFACE*, but instead of trying to find your friends post-breakup or battling your own guilt in a fairy-tale-fucking-place, it's about trying to find yourself post break-down and fighting your own neuroses from the comfort of a therapist's couch—which can be more dangerous than you might think.



# Malachy

We first meet MALACHY in the depths of a depressive episode where getting out of bed is a Herculean task. Malachy works as a nurse anesthetist in a hair restoration clinic. His job is literally putting people to sleep.

He wishes he could care about things other people seem to care about, like hobbies, dating, watching THE BACHELOR... but he just can't see the point in any of it. The only reason he has a job is to feed himself. He's essentially that one houseplant that survives despite never seeing the sun.

Malachy's want is simple: he wants to enjoy things, wants to feel good about himself, but he's his own biggest obstacle. His journey in the first season centers around literally fighting off his worst impulses and ingrained behaviors.

DEPRESSION aka Dep is the charismatic imp on Malachy's shoulder. Dep is always trying to get Malachy to give in to all his worst thoughts and habits. He wants to prevent Malachy from feeling pain, but in the process, he's also keeping him from feeling anything else: joy, pleasure, umami...

Dep

Depression is a symptom of a much bigger issue—fear. Fear of loss, fear of failure, fear of whatever. Dep's job is to make Malachy feel safe so the fears he has can't be realized.

Physically, think of Dep as Keanu Reeves. He's cool, he's a bad ass, he smokes cigarettes and thinks people who vape deserve the death penalty. He can talk anyone into anything, he's charming without trying. That's why he's so successful at what he does. He also won't shut up about how close he was with Kurt Cobain.





# Ego

EGO gets a bad rap. Sure, he's crass, self-centered, and wants all the attention, but what he really wants is to make Malachy look good and feel happy. Most times that means negative reinforcement to motivate Malachy.

Think Mickey from ROCKY, but he has to deal with a trainee who doesn't listen to him or want to train. Ego is the part of Malachy that pushes him to do more than just be a depressive mess. And he's alarmingly adept at social media management! He shows only a happy face to the rest of the world, keeping them in the dark about Malachy's struggles with Depression.

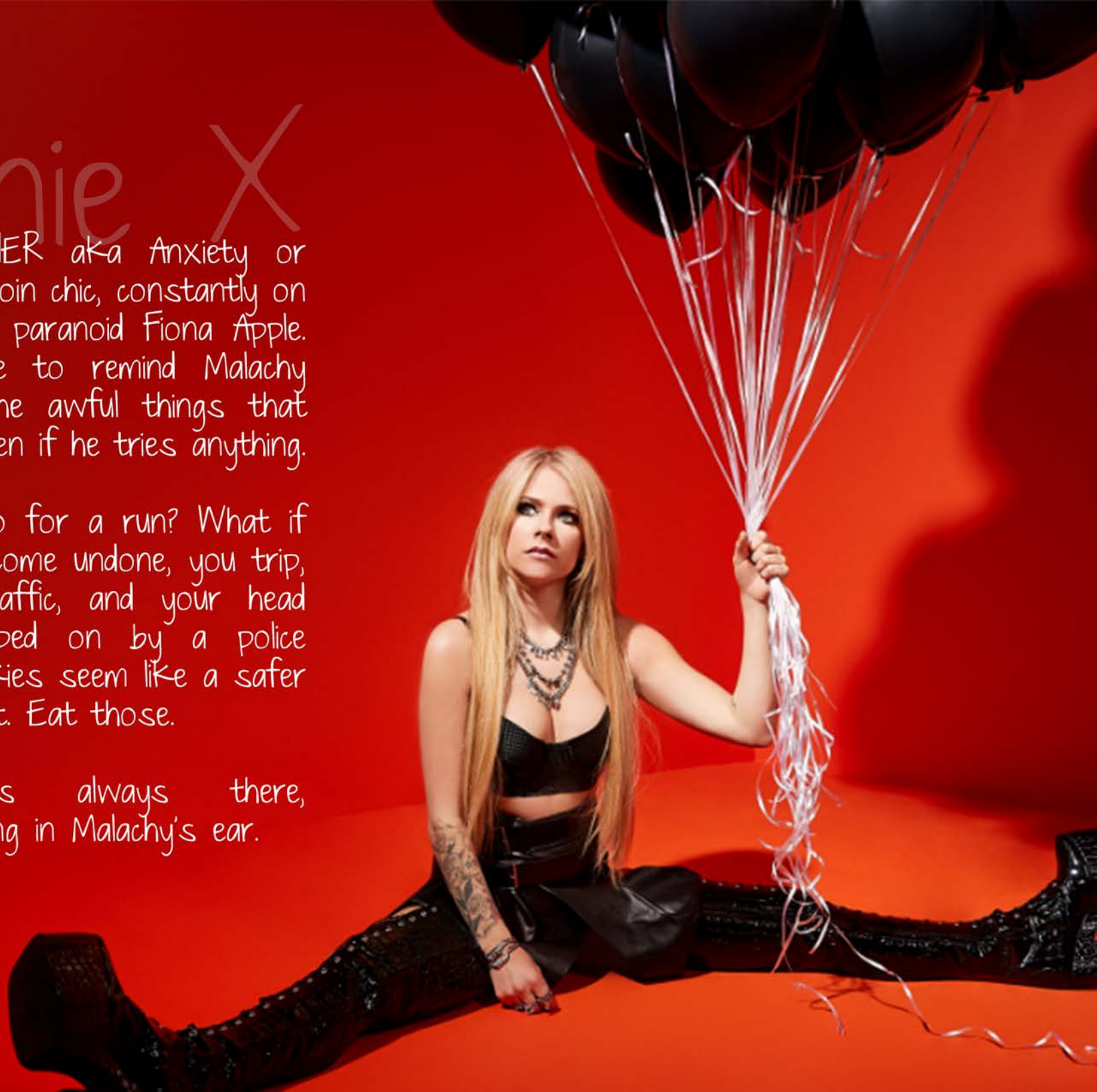
Malachy's Ego will begin the season as a small, elderly, withered boxing coach. As the season progresses and Malachy starts to gain self-esteem, Ego will shift into a young, tough-as-nails MMA fighter.

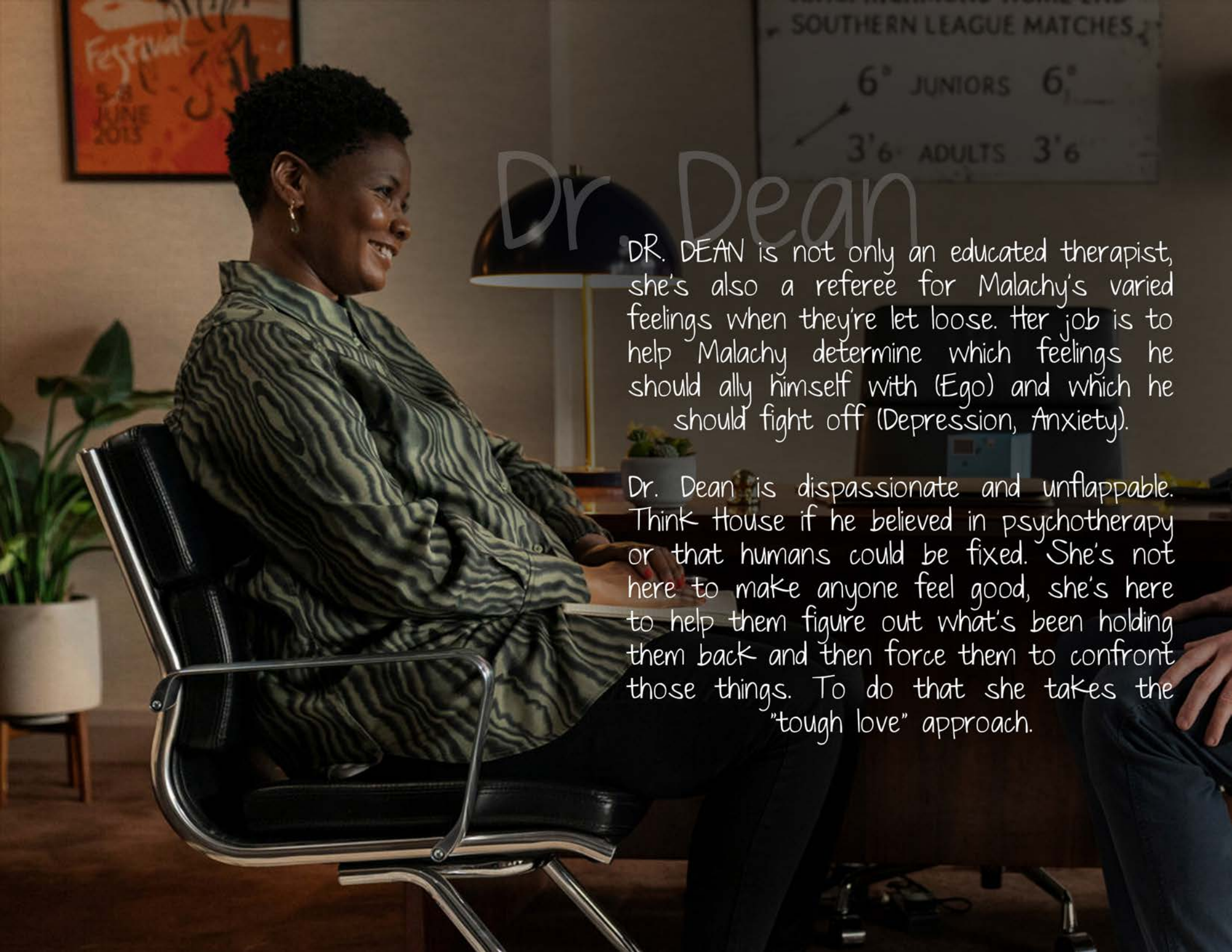
# Annie X

ANNIE XAVIER aka Anxiety or Annie X. Heroin chic, constantly on edge, like a paranoid Fiona Apple. She's there to remind Malachy about all the awful things that COULD happen if he tries anything.

Want to go for a run? What if your laces come undone, you trip, fall into traffic, and your head gets stomped on by a police horse? Cookies seem like a safer bet. Eat those.

Anxiety is always there, whispering in Malachy's ear.





# Dr. Dean

DR. DEAN is not only an educated therapist, she's also a referee for Malachy's varied feelings when they're let loose. Her job is to help Malachy determine which feelings he should ally himself with (Ego) and which he should fight off (Depression, Anxiety).

Dr. Dean is dispassionate and unflappable. Think House if he believed in psychotherapy or that humans could be fixed. She's not here to make anyone feel good, she's here to help them figure out what's been holding them back and then force them to confront those things. To do that she takes the "tough love" approach.

# Carol

CAROL is Malachy's only friend at work. She's one bad ass woman who flew B-1 bombing raids in the Air Force and used her GI bill to become an ophthalmologist / eye surgeon. While Malachy puts people to sleep, she helps people see again.

As the season progresses, she'll begin to see what Malachy is dealing with, but the part of her that Malachy can't see are her serious control issues. If Depression is Malachy's archnemesis in the first season, Carol's is Obsession.



# Pilot

The pilot will set up the tone and world of the series where we'll be externalizing the vast amount of effort it takes someone with clinical depression to do even the most essential things. We're going to take the "Herculean task" metaphor literally.



The pilot story is simple. Malachy wants to attend his first therapy session. Depression wants to stop him. Ego needs to get Malachy there as he's been beaten by Depression so many times that even he's willing to go to therapy (that alone should tell you about where Malachy is mentally when we meet him).

You know that old native American story about "the fight between two wolves inside you and the one who wins is the wolf you feed"... That's the theme of our first season.

At the top of the season, Malachy's Depression is strongest and his Ego weakest. The goal of the season is to slowly watch Depression get weaker and Ego get stronger so that Malachy can finally have the self-confidence to enjoy life. Ego is the physical manifestation of Malachy's personal growth. The younger and stronger Ego gets throughout the season, the better Malachy is doing mentally.

# First Season

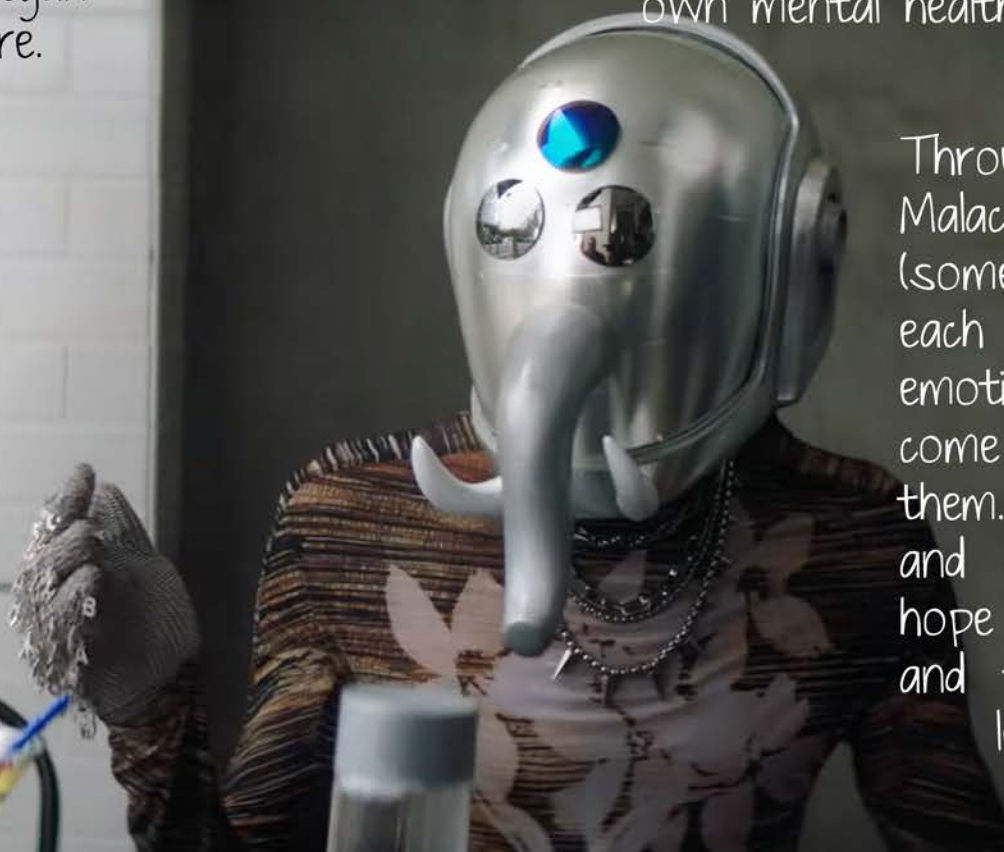


As the season progresses, a rogues' gallery of anthropomorphized emotions, thoughts, and behaviors will rear their ugly heads and populate this world. Everyone will make an appearance from the seven deadly sins to that song that gets infernally stuck in your head. Imagine SLOTH as Pete Davidson smoking a bong. LUST as Machine Gun Kelly and Megan Fox. You get the picture.

# Other Characters

If there's an emotion that a human being can feel, we'll meet them in the flesh throughout this series. These neuroses will be fully fleshed out characters who have some role to play in Malachy's journey through the minefield that is his own mental health.

Throughout the season, Malachy will wrestle (sometimes literally) with each of his major emotions and "defeat" or come to terms with them. There will be faces and heels, neuroses we hope Malachy gives in to, and those we hope he learns to ignore.



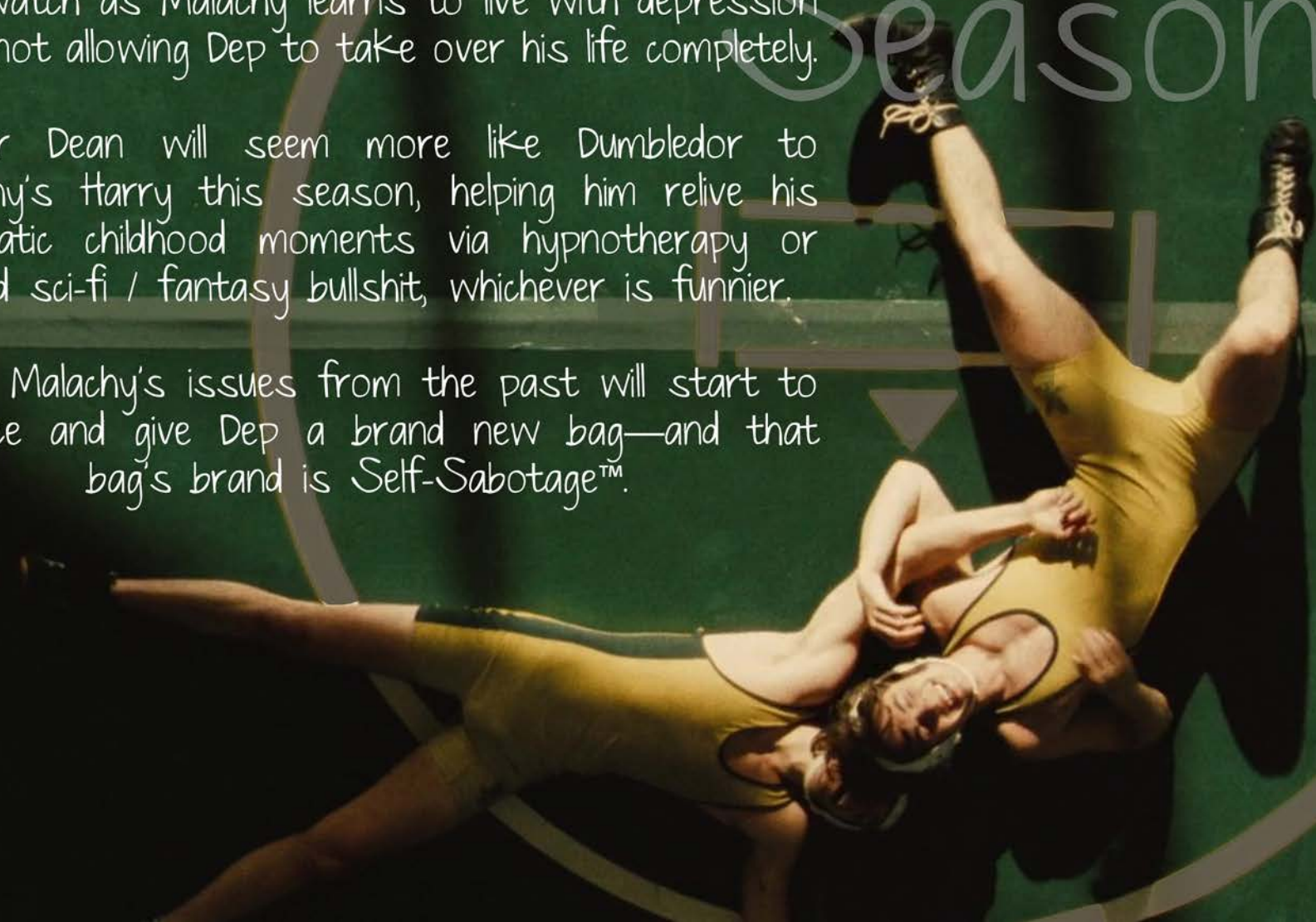
So, if our first season was about feeding the correct wolf inside you, our second season is about teaming up with old enemies to face more dangerous adversaries.

One of the things anyone with depression learns is that it never goes away, and in the second season we'll watch as Malachy learns to live with depression while not allowing Dep to take over his life completely.

Doctor Dean will seem more like Dumbledore to Malachy's Harry this season, helping him relive his traumatic childhood moments via hypnotherapy or weird sci-fi / fantasy bullshit, whichever is funnier.

All of Malachy's issues from the past will start to surface and give Dep a brand new bag—and that bag's brand is Self-Sabotage™.

# Second Season

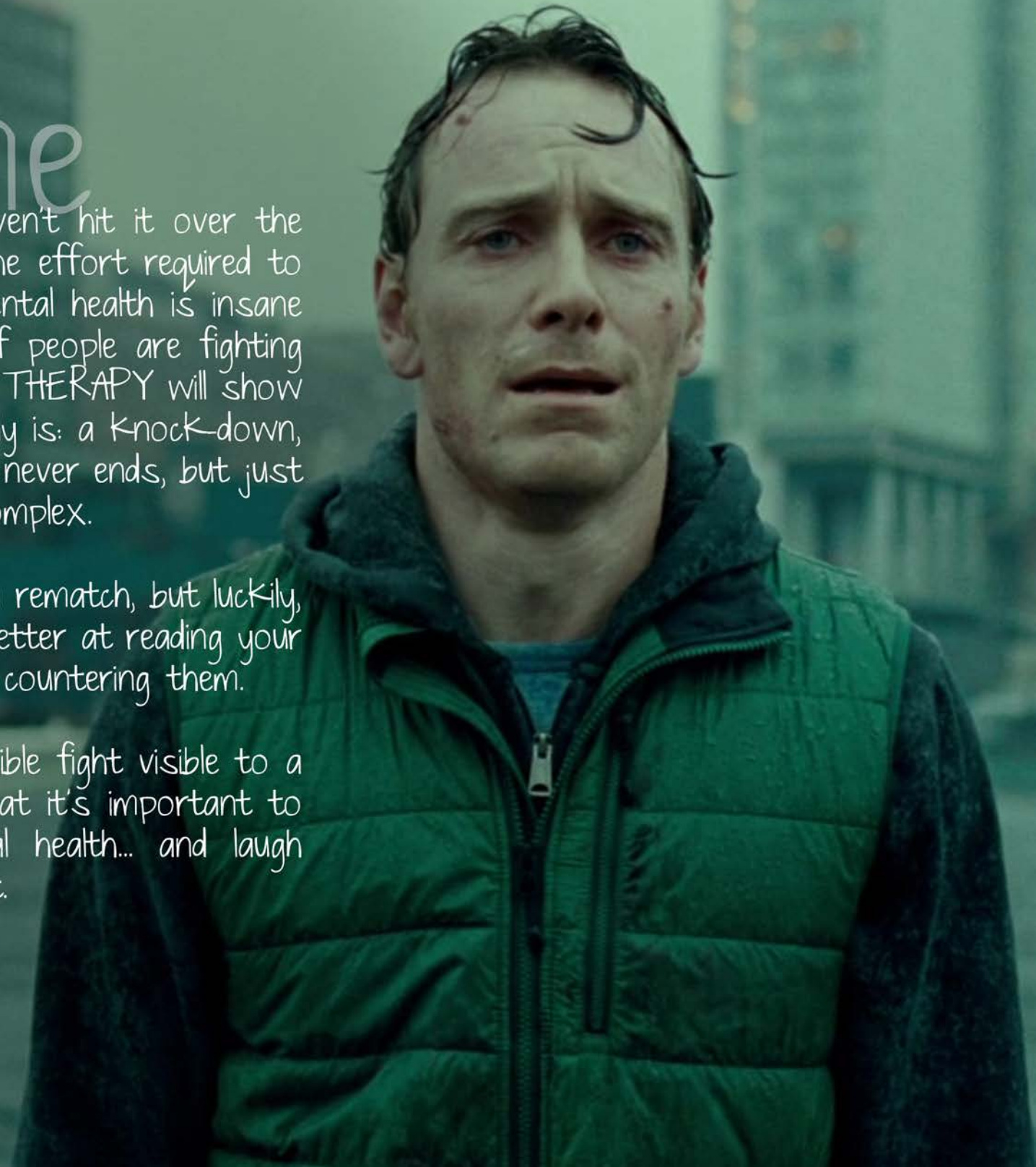


# Theme

The theme here, if we haven't hit it over the head enough yet, is that the effort required to take care of your own mental health is insane and it's a battle millions of people are fighting each and every day. GROUP THERAPY will show that battle for what it really is: a knock-down, drag-out, life-long fight that never ends, but just gets more complex.

Depression always wants a rematch, but luckily, as time goes on, you get better at reading your opponent's moves and countering them.

We aim to make that invisible fight visible to a large audience and show that it's important to take care of your mental health... and laugh about it.





GROUP  
THERAPY