

ELECTRONIC PRESS KIT

SHE LISTENS ALONE.

A female-led psychological thriller about obsession, isolation, and the boundaries we cross.



DIRECTOR

Sean O. McGuiness

PRODUCTION COMPANIES

IP Machine LLC
Shadow | Vale

PRESS KIT - OCTOBER 2026



THE FILM

THE SESSION ENDED. HIS OBSESSION DIDN'T.

LOGLINE

A disillusioned virtual therapist takes on a seemingly vulnerable young patient – only to become the target of his dangerous obsession.

YEAR

2026

GENRE

Psychological thriller

RUNTIME

86 minutes

COUNTRY

USA

LANGUAGE

English

DIRECTOR

Sean O. McGuiness

PRODUCTION COMPANIES

IP Machine LLC / Shadow | Vale

DISTRIBUTION

Indie Rights

STATUS

Coming soon

OFFICIAL LINKS

Website shelistensalone.com IMDb imdb.com/title/tt35664877

SHORT SYNOPSIS

WHEN LISTENING LETS SOMEONE IN.

Sabrina Nolan is an online therapist drifting through a quiet, lonely life, listening to people confess the things they cannot say anywhere else. When a young client named Andrew begins to make progress, she lets herself believe she is finally helping someone. But his gratitude turns into attachment, and attachment into obsession. One small boundary crossed in the name of compassion opens the door to stalking, public humiliation, and a nightmare Sabrina cannot log out of.

LONG SYNOPSIS

Sabrina Nolan is a virtual therapist living a quiet, isolated life. Her days are spent listening to other people's secrets through a screen while her own relationships begin to fray. When Andrew, a troubled young client, shows signs of progress, Sabrina bends a professional boundary to help him. What begins as gratitude quickly becomes fixation. Andrew's messages grow personal, private details surface, and Sabrina senses his presence outside their sessions. As concern turns to fear, the people around her question whether she is in danger - or whether her own choices have created the crisis. With the safety of her home closing in around her, Sabrina must confront a threat that refuses to remain online. She Listens Alone is a psychological thriller about empathy, control, isolation, and the moment a screen stops feeling like protection.



OFFICIAL TRAILER / 01:20

SEAN O. MCGUINESS / DIRECTOR / EXECUTIVE PRODUCER / STORY

A PRACTICAL PATH TO INDEPENDENT FILMMAKING.



SEAN O. MCGUINESS

Director / Executive Producer / Story

BIOGRAPHY

Sean O. McGuiness is an independent filmmaker, writer, producer, and director based in Northeast Ohio. He came to filmmaking after a career in business, marketing, and entrepreneurship, bringing a practical, hands-on approach to developing and producing independent projects.

McGuiness developed and directed *She Listens Alone*, a psychological thriller centered on isolation, obsession, and the increasingly blurred line between digital and real-world relationships. The film was developed and produced independently through IP Machine LLC, with an emphasis on character, atmosphere, and keeping the story grounded even as it moves into darker territory.

In addition to directing, McGuiness has worked as an actor in independent film and theater, an experience that has influenced the way he works with performers and approaches scenes from both sides of the camera. *She Listens Alone* is part of his continuing effort to create accessible, audience-focused independent films while building projects outside the traditional studio system.

THE ENSEMBLE

THE FACES BEHIND THE STORY.



SABRINA

ALIVIA LEVIE



ANDREW

WYATT TITHOF



MIKE

FOREST QUAGLIA



JESSICA

CHELSEA VALE

Additional cast: Sean O. McGuinness, David Gere, Marybeth Paul, Sadeeah Bunch, Amy Wade, Eliud Sanchez, Sabrina Corsino, Joey Ambrosini, and Kara Curnane Joseph.

ALIVIA LEVIE / SABRINA



ALIVIA LEVIE

Sabrina

AT THE CENTER OF THE STORY.

BIOGRAPHY

Alivia Levie is a Los Angeles-based actress, model, and filmmaker whose work spans independent film, television, and original projects. She began performing at a young age and has continued to build a career both in front of and behind the camera.

Her screen credits include *Hot Take: The Depp/Heard Trial*, *Becoming Death*, *Forever Sleep*, and *Those Who Prosper*. Alongside acting, Levie has expanded into producing, directing, and developing her own material. She is the creator of the 2026 series *Tunnel Vision*, reflecting a growing focus on telling stories from both sides of the camera.

In *She Listens Alone*, Levie stars as Sabrina, a virtual therapist whose attempt to help a troubled young patient gradually pulls her into an increasingly dangerous and personal situation. The role anchors the film and places her at the center of its exploration of isolation, empathy, obsession, and the boundaries between our online and private lives.

WYATT TITHOF / ANDREW



WYATT TITHOF

Andrew

A TROUBLED PRESENCE BEHIND THE SCREEN.

BIOGRAPHY

Wyatt Tithof is an actor and graduate of Chapman University's BFA Screen Acting program, where he trained while appearing in numerous productions through Dodge College of Film and Media Arts. His work spans independent film, short-form projects, and stage performance.

His screen credits include *A Normal Life*, *Kings of the Atlantic*, *Under a Black Cloud*, *The Hand of Darkness*, and *They're in the Water*. In 2025, following Chapman's industry showcase, Tithof signed with Untamed Management as he continued building his professional acting career.

In *She Listens Alone*, Tithof plays Andrew, a troubled young teletherapy patient whose relationship with his therapist Sabrina becomes increasingly complicated and unsettling. The role places him at the center of the film's exploration of isolation, obsession, and the intimacy created by relationships that exist through a screen.

FOREST QUAGLIA / MIKE



FOREST QUAGLIA

Mike

A COMMANDING PRESENCE ON BOTH SIDES OF THE CAMERA.

BIOGRAPHY

Forest Quaglia is an award-winning actor and filmmaker emerging as a compelling presence in independent film and television. He starred opposite Chelsea Vale in Lifetime's *Secrets at the Museum* and has built a growing screen resume across thrillers, drama, comedy, and action, with credits including *A Deadly Destination*, *Fog of War*, *Her Deadly Game*, *Damon's Revenge*, and *Lethal Love Triangle*.

Known for his commanding physical presence and commitment to character, Quaglia brings extensive training in boxing, martial arts, parkour, tactical firearms, and stunt performance to physically demanding roles.

Behind the camera, he writes, directs, and produces original projects through FQ Studios, bringing a filmmaker's perspective to every performance. His action short *Agent Stone* earned multiple festival honors, including several Best Actor awards for Quaglia's leading performance.

Biography source: IMDb

CHELSEA VALE / JESSICA



CHELSEA VALE

Jessica

A BROAD VIEW OF INDEPENDENT FILMMAKING.

BIOGRAPHY

Chelsea Vale is an accomplished actress and producer whose work spans independent film, television movies, and feature productions. Her credits include *Secrets at the Museum*, *Midnight*, *Drowning in Secrets*, *Junkyard Dogs*, *Damon's Revenge*, and *Chosen Family*.

In addition to acting, Vale has worked extensively behind the scenes as a producer and casting professional. Her producing credits include *Drowning in Secrets* and *Junkyard Dogs*, and she served as a co-producer on *Chosen Family*. That combination of acting and production experience has given her a broad perspective on independent filmmaking.

In *She Listens Alone*, Vale plays Jessica, a key figure in Sabrina's increasingly complicated personal world as the story moves deeper into obsession, suspicion, and danger.

THE FILMMAKERS

AN INDEPENDENT TEAM. A SHARED VISION.

PRODUCTION COMPANIES

IP Machine LLC / Shadow | Vale

DIRECTOR / EXECUTIVE PRODUCER / STORY

Sean O. McGuiness

SCREENPLAY / PRODUCER

Joseph Verrastro

PRODUCER / STUNT COORDINATOR

David Gere

PRODUCER

Chelsea Vale

DIRECTOR OF PHOTOGRAPHY

Ryan Sweeney

EDITOR / COLORIST / VISUAL EFFECTS

Paul Stamper

FIRST ASSISTANT DIRECTOR

Julien Louis

SECOND ASSISTANT DIRECTOR

Taylor Vale

GAFFER

Nick Ferraina

PRODUCTION COORDINATOR

Brandon Cabral

SCRIPT SUPERVISOR

Karen Gagne-Signorello

STILL PHOTOGRAPHER

Jesse Korman



BEHIND THE FILM

INSIDE THE MAKING.



VERIFIED CRITIC REVIEWS

THE SCREEN FEELS DIFFERENT AFTERWARD.

Selected coverage from critics and publications. Full reviews are linked from each card.

THE BLACK CAPE

"Would I rent this at Blockbuster? Absolutely."

"One of those movies that makes you look at your laptop a little differently afterward."

"I would watch it alone, in the dark, and immediately regret every public-facing social-media account I have ever made."

"Sean O. McGuiness understands that the screen can make us feel protected while quietly making us more vulnerable."

Olivia Monahan / Liv Styler

[READ THE FULL REVIEW ->](#)

VOICE MAGAZINE

"Andrew played a very convincing role and I believed that his obsession was real."

"Andrew's unruly behaviour made him very obviously become a villain in this story which was well received as a viewer."

"A good psychological thriller and had an interesting plot."

Chloe Mimpres / chloeandcinema

[READ THE FULL REVIEW ->](#)

VAGUE VISAGES

"Gradually tightening the sense of unease."

"The film makes effective use of the screen as both a point of connection and a source of vulnerability."

"A recognisable contemporary anxiety at its centre."

Dipankar Sarkar

[READ THE FULL REVIEW ->](#)

PERFORMANCES AND TENSION

GROUND. TERRIFYING.

SYVONNE CREATIVE

"Levie is a solid lead and adeptly leads us through the film."

"Through McGuinness's direction, he's created an atmosphere where the fear is palpable because of its ability to become reality."

"Every actor gives a grounded performance and does a great job of showing, rather than telling, their personality."

"Tithof gives a delightfully terrifying performance."

"Will leave the audience considering which barriers to keep around ourselves and which to tear down."

Stacey Yvonne

[READ THE FULL REVIEW ->](#)

THE TREATMENT

"Therapist stalked by her patient can be a far more involved hook than meets the eye."

"An incredibly spiky point of tension between these two characters."

Charlotte Simmons

[READ THE FULL REVIEW ->](#)

LETTERBOXD

"Alivia Levie's Sabrina is a solid protagonist."

"Wyatt Tithof's Andrew is one creepy dude. I got chills watching him."

Todd Gaines

[READ THE FULL REVIEW ->](#)

SUSPENSE AND PERFORMANCES

TENSION THAT BUILDS.

BATTLE ROYALE WITH CHEESE

"Delivers a psychological thriller that maintains suspense."

"An atmosphere of mounting tension and uncertainty."

"Andrew develops into a compelling antagonist whose actions drive the narrative forward."

"A psychological thriller centred on obsession, manipulation and the collapse of professional boundaries."

"A tense narrative that remains engaged with its central themes throughout."

Alton Williams / BRWC

[READ THE FULL REVIEW ->](#)

JAMES WEGG REVIEW

"Alivia Levie anchors the cast with grit and determination."

"A valiant drive from Wyatt Tithof to near simultaneously present himself as grounded or off-the-wall."

"Well worth a view if only to take a more informed opinion on your own as what to do next. Three and a half stars."

James Wegg / JWR

[READ THE FULL REVIEW ->](#)

CRAFT AND DIRECTION

ASSURED. ATMOSPHERIC.

STALK & SLASH

"Ryan Sweeney's cinematography gives Sabrina's surroundings an attractive sheen, and McGuiness gets plenty of production value from his locations."

"The stylish presentation helps the film feel more substantial than its independent scale might suggest."

"Technically, the film often looks impressive."

"Wyatt Tithof allows loneliness to become dependency and dependency to become obsession. Alivia Levie is equally effective."

Thomas Collins

[READ THE FULL REVIEW ->](#)

SCREEN CRITIX

"Levie carries the film with a controlled and increasingly vulnerable performance."

"Tithof makes Andrew troubling without reducing him to a caricature."

"For a feature directorial debut, McGuiness demonstrates considerable assurance."

"Supported by McGuiness' confident direction and Sweeney's accomplished cinematography."

"Joseph Verrastro's screenplay gradually brings Sabrina's personal and professional worlds into conflict."

Carl Burgess

[READ THE FULL REVIEW ->](#)

PRESS COVERAGE

"A SLIPPERY PSYCHODRAMA."

Anton Bitel / Projected Figures / September 21, 2026

AVAILABLE MATERIALS

- Press kit PDF
- Official poster - high-resolution JPG
- Official trailer - MP4
- Production gallery
- Cast portraits
- Screening access - by request

PRESS / SCREENINGS / DISTRIBUTION

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shelistensalone.com/press

Distributed by Indie Rights

IMDb imdb.com/title/tt35664877 Instagram

@shelistensalone YouTube @SheListensAloneFilm

TikTok @shelistensalonemovie

ADDITIONAL HIGH-RESOLUTION MATERIALS AVAILABLE BY REQUEST

