

# ICM Exercise #7 - Selfie

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*Exercise and Feedback by Kaisa Sirén*

The ICMPhotoMag Exercise is a task-oriented, or topic-based, exercise open to all ICM enthusiasts. This is an ongoing series, and I would be happy to hear if there is a subject you would like to be included as a future exercise.

For those of you who are new to ICM, here are a few hints about what you need in order to start experimenting:

- A camera in which you can control shutter speed, f-stop, and ISO rating—and of course the understanding of how they correspond with one another.
- Use a very low ISO rating, especially when photographing during daytime/bright sunlight.
- Use slow shutter speeds (anything from 1/10th of a second to several seconds, depending on the amount of light, the desired effect, and the length of the objective).
- Adjust your f-stop according to shutter speed and ISO.
- If very bright, use a neutral density filter to cut down the amount of light reaching the sensor.

Experiment with various shutter speeds to learn how longer and shorter exposure times will affect the outcome. Depending on your movement, shorter exposures oftentimes will produce less abstract images than longer exposures will. Find the combination of movement and exposure time that works for you to create the effects you are looking for.

## Assignment ~ Selfie

**This time, the task is to take a selfie with the ICM technique.**

Selfies have become one of the most popular genres of photos during these times of social media. Instagram accounts are full of selfies, and I would guess many of us may be tired of them. But, to take a selfie with the ICM technique is a different story. It may be more challenging than you think. You may ask yourself, “How on earth am I going to shake the camera and be in the picture myself?” Many cameras have turning LCD views on the back which might be of help. Or, you can try to use mirrors or reflections from a window to take the selfie. You can also think laterally and use symbols or metaphors, but if you do this, I would love to hear the story behind the images.

# Submit Images for Feedback

Please send your images for evaluation and feedback from Kaisa Sirén through the Google Form on the website, which can be found at this link:

## [Exercise with Kaisa Submission Form](#)

**\*\*\*Images must be captured in-camera. No Photoshop-created ICMs allowed (i.e., motion blur or textural filters, etc.). I do, however, encourage you to post-process your images carefully otherwise.\*\*\***

The image size must be 2000 pixels on the long side, at 300dpi. A maximum of 3 images per participant, and ***images must have been taken between 15 December 2021 and 5 February 2022.***

Submissions should also include the technical details for each image, including ISO, focal length, shutter speed, and aperture. This will assist you in the exercise by keeping you aware of these technical aspects of creating ICMs.

Kaisa will select 3-5 images from all submissions for commentary and feedback, and these 3-5 images will be published in the March 2022 issue, along with Kaisa's feedback.

Make sure to title your images with your own name and, if desired, with the image title (for example, Kaisa\_Siren\_Winter1).

## Submission Deadline

Submissions must be received by **5 February 2022** in order to be considered.

Hold the camera  
this way.



Not this way.



Kaisa Sirén is a photographer from Lapland, Finland, specializing in ICM images. Her work was featured in the inaugural issue of ICM Photography Magazine in June 2020.

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Background Photo Credit ~ Kaisa Sirén