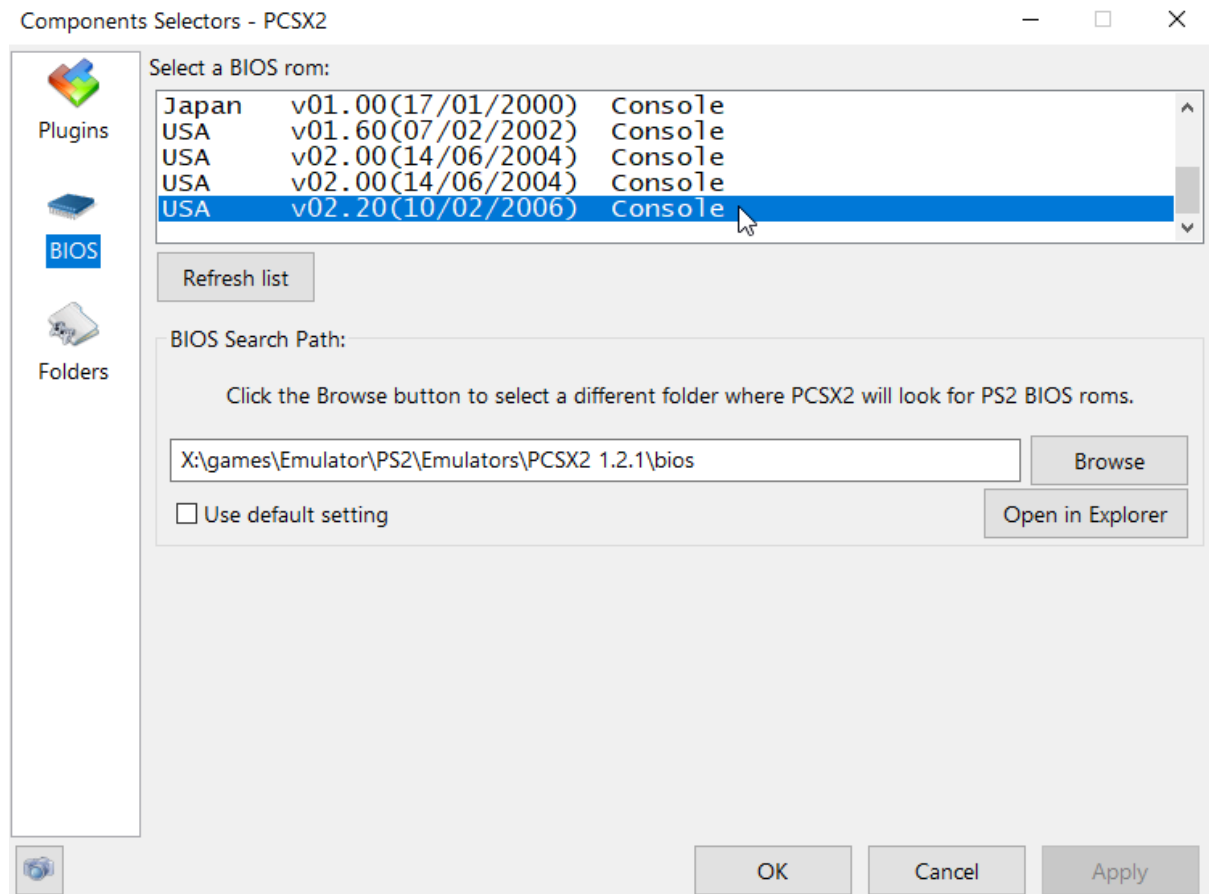For recording the footage in the video Fatal Frame III is Secretly Genius, I used this specific version of the PCSX2 emulator.
https://pcsx2.net/293-pcsx2-1-6-0-is-out.html

I used the following settings:

BIOS

Plugins

Components Selectors - PCSX2

Plugins		
BIOS		
Folders		

GS	GSdx 20181216203205 (MSVC 19.00 AVX2/AVX2) 1.1.0 [GSdx32-AVX2]	Configure...
PAD	LilyPad (20181216203205) 0.12.1 [LilyPad]	Configure...
SPU2	SPU2-X 20181216203205 2.0.0 [Spu2-X]	Configure...
CDVD	cdvdGigaherz 20181216203205 0.11.0 [cdvdGigaherz]	Configure...
USB	USBnull Driver 20181216203205 0.7.0 [USBnull]	Configure...
FW	FWnull Driver 20181216203205 0.7.0 [FWnull]	Configure...
DEV9	DEV9null Driver 20181216203205 0.5.0 [DEV9null]	Configure...

Emulation Settings - GS Window

In my previous videos on Fatal Frame 1 and 2, I emulated the games in 16:9, which they were not originally intended for. PCSX2 brings "Widescreen Fixes" that make sure the 3D engine renders the wider display with the correct FOV and all, but it still *stretches* all UI elements, text and the camera overlay. You can definitely get used to it, but for Fatal Frame III I decided to go a more purist route by playing it in the aspect ratio it was intended for, 4:3. If you *want* to play it widescreen, change Aspect Ratio to "Widescreen (16:9) and the Custom Window Size to 1920x1080 (or your monitor's settings, respectively)

Otherwise, use these GS Window settings.

Emulation Settings - Speedhacks

Emulation Settings - PCSX2   —   □   ✕

EE/IOP

VUs

GS

GS Window

Speedhacks

Game Fixes

☑ Enable speedhacks

Speedhacks usually improve emulation speed, but can cause glitches, broken audio, and false FPS readings. When having emulation problems, disable this panel first.

EE Cyclerate [Not Recommended]

-3   ———————●———————   3

0

Default cyclerate. Runs the emulated PS2 Emotion Engine at normal speed.

EE Cycle Skipping [Not Recommended]

0 ●————————————————   3

0

Disables EE Cycle Skipping. Most compatible setting.

Other Hacks

☑ Enable INTC Spin Detection

Huge speedup for some games, with almost no compatibility side effects. [Recommended]

☑ Enable Wait Loop Detection

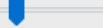Moderate speedup for some games, with no known side effects. [Recommended]

☐ Enable fast CDVD

Fast disc access, less loading times. [Not Recommended]

microVU Hacks

☑ mVU Flag Hack

Good Speedup and High Compatibility; may cause bad graphics... [Recommended]

☐ MTVU (Multi-Threaded microVU1)

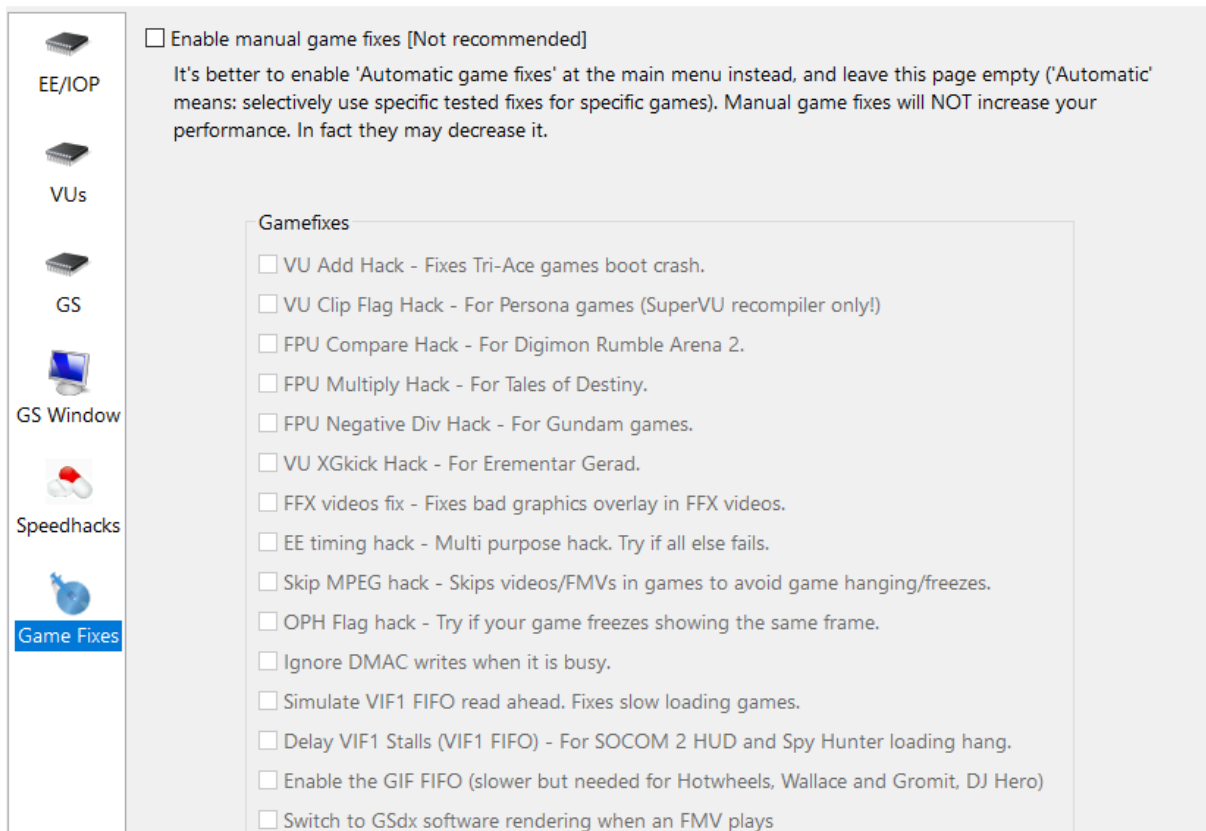Good Speedup and High Compatibility; may cause hanging... [Recommended if 3+ cores]

Restore Defaults

☑ Preset: ———▼———   **2 - Safe (Default)**   OK   Cancel   Apply

Emulation Settgins - Game Fixes (All Off)

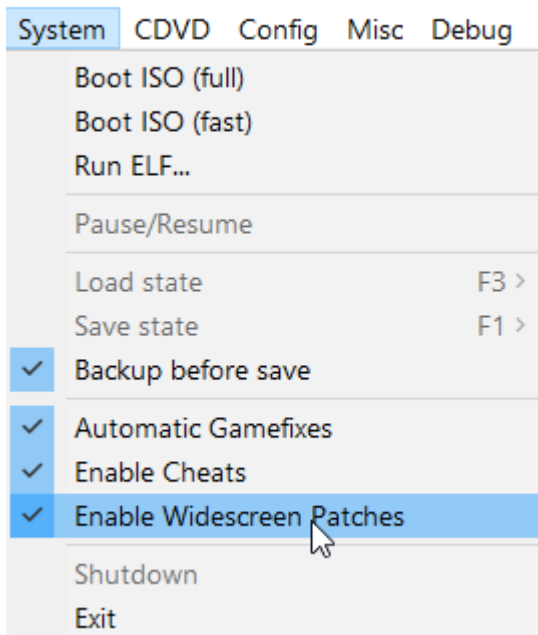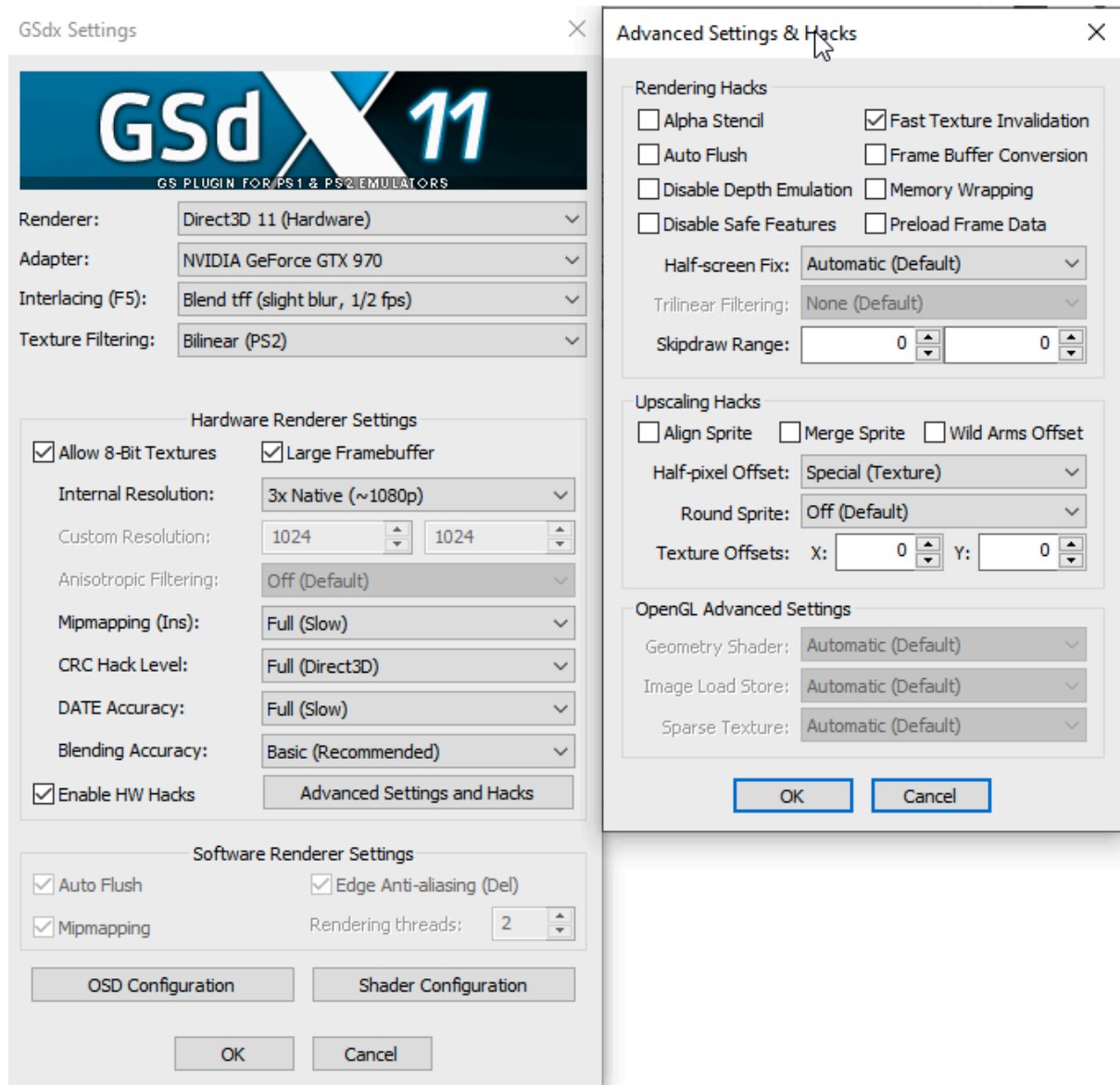**Widescreen-Patches**

This is only necessary if you play the game in widescreen (see GS Window Settings)
- and not necessary if you play it in the original 4:3 aspect ratio.

Make sure the file cheats_ws.zip is in the emulator's folder.

Config->Video->Plugin-Settings (Plus Advanced Settings and Hacks)

!!Fast Texture Invalidation is very important because otherwise, ghosts are invisible in the camera's finder (and also invincible to your camera's attacks)

That's about it! Enjoy Fatal Frame III in neat HD graphics!