

# PRI Interdisciplinary Studies Summit 2024



***Michael Zhao, CSCS***

Flushing, NY

**Presentation Title:** *Seeing the Mind in the Body and the Body in the Mind: A Different Kind of "Reciprocal and Alternating" Action*

Mike Zhao is a movement specialist and an integrationist. He finds purpose in helping others see and understand ever deeper into themselves.

Having been a PRI practitioner since 2016, Mike believes it is the client's experience of the techniques and treatment process that ultimately drives healing and flourishing. This perspective has compelled him to study widely within the fields of kinesiology, neuroscience, fascia research, and psychology. To this end, Mike is currently in the final stages of his graduate degree in clinical psychology. Separately from his clinical work, Mike's passion for learning and creativity has also led him to facilitate transformative study groups focused on the strategic employment of interdisciplinary science in their pursuit of clinical innovations.