

PRI Interdisciplinary Studies Summit 2024



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Chicago, IL

Presentation Title: *Virtual Coaching Intervention for Drug-Resistant Bipolar Disorder: A Case Study on the Efficacy of Postural Restoration® Techniques, Structured Classes, and Hill Sprints*

Kasia Galica, CSCS, MA is a health and wellness professional who runs her own holistic health coaching business online and in-person in Chicago, Illinois. Kasia received her undergraduate degree in Communication Studies and Spanish from Augustana College and initially intended to pursue intercultural communication in her Master's Degree. However, she was enticed by a course on the dark side of interpersonal communication and a semester of studying medical interaction, which led her to graduate with a focus on health communication. After graduate school, she obtained a fellowship with the National Cancer Institute in the Health Communication and Informatics Research of the Behavioral Research Program. As is common in this field, she was pulled into consulting, experienced burnout, and taught fitness classes in boutique fitness studios all over the DMV area. After another bout of burnout, she returned to work in tech consulting for another year.

In 2019, she moved back to Chicago and was introduced to PRI in 2020 after years of pursuing corrective exercise certifications, working with specialists, and dealing with chronic injuries and pain. She is ecstatic to continue her PRI education and eventually looks forward to credentialing as a PRT.