

# PRI Mini Residency Program

The Postural Restoration Institute® is excited to offer a new PRI Mini Residency Program, a formal program of post-professional education and mentorship for PRI-minded healthcare and movement professionals that is designed to enhance one's understanding and application of PRI concepts, objective testing, and patient/client management. The foundational science from the Postural Restoration Institute's three primary courses will be strongly emphasized by all PRI Mini Residency Centers, however each PRI Mini Residency Center offers a unique environment and experience, and many residency centers will also include exposure to interdisciplinary integration with other healthcare or movement professionals.

This PRI Mini Residency Program is designed for healthcare or movement professionals who are self-directed learners, have completed the required PRI coursework, and would like to enhance their clinical reasoning, interpersonal communication and dialogue using PRI terminology with other professionals as well as patients or clients, and application skills of the science of Postural Restoration® through one-on-one clinical education and mentorship with a PRC or PRT professional at a PRI Mini Residency Center.

## Goals of the PRI Mini Residency Program

- 1) Provide the resident with an opportunity to develop knowledge and skills in assessment and management of those who are experiencing symptoms or showing signs of neuromuscular dysfunction associated with patterned respiration and associated neurological positional-based postural malalignment, using PRI objective testing and techniques.
- 2) Ensure consistency of patient or client program development and delivery, using PRI objective testing and functional relationship algorithms from the primary courses.
- 3) Provide the resident with greater confidence in applying PRI objective testing accurately, and interpretation of objective testing results.
- 4) Delineate when assessment and management using secondary and tertiary course material is indicated for enhanced patient or client outcomes.
- 5) Provide the resident with the skills to determine successful patient or client progression with a PRI program, using PRI functional objective tests.

## Mini Resident Prerequisites

Prior to applying, the following prerequisites need to be met and all supporting documentation must be submitted to both the PRI Mini Residency Center for which the applicant is applying, as well as the Postural Restoration Institute®:

- 1) Provide verification as a licensed or certified healthcare or movement professional.
- 2) Successful completion of all three PRI primary courses (live or home study), and application of this coursework for at least 1 year with patients or clients.
- 3) Successful completion of any additional PRI courses specified by the PRI Mini Residency Center for which the applicant is applying.
- 4) Completed application form.
- 5) Professional Liability Insurance Coverage.

## Application & Interview Process

The application form for the PRI Mini Residency Program can be found on the PRI website. Those interested in completing a PRI Mini Residency Program should review the descriptions provided by each PRI Mini Residency Center (on the PRI website), to determine which PRI Mini Residency Center(s) they would like to apply. Within the descriptions, the Mini Residency Centers have outlined the process for submitting an application, and availability for upcoming residents. One may apply to more than one PRI Mini Residency Center. Please note that some PRI Mini Residency Centers may have other course requirements, in addition to completion of the PRI primary courses.

An interview, virtual or live, depending on the PRI Mini Residency Center and applicant preference and/or location, will be scheduled after the application has been reviewed and accepted for interview by the PRI Mini Residency Center.

## PRI Mini Residency Program Fees

Tuition cost to complete a 6-week PRI Mini Residency Program is \$3000. This fee is paid directly to the PRI Mini Residency Center (or the PRC or PRT who is supervising the resident), for which the applicant has been accepted to complete a PRI Mini Residency Program.

Living arrangements and cost of living near the PRI Mini Residency Center is the responsibility of the resident.

*\*If the resident desires more than 4 hours per week of non-patient/client individual meeting time with the supervising PRC or PRT (i.e. to discuss questions, course concepts, etc.), there may be an additional fee charged, and this can be discussed during the interview process.*

## PRI Mini Residency Center Requirements

- 1) These sites have applied for and met all the requirements established by the Postural Restoration Institute® for designation as a PRI Mini Residency Center.
- 2) Each PRI Mini Residency Center has fulfilled the ongoing requirements to maintain status as a Postural Restoration Center™, and is in good standing professionally with the Postural Restoration Institute®. *\*In circumstances where a PRC or PRT credentialed professional is not employed at a Postural Restoration Center™, the Postural Restoration Institute® will evaluate the individual's application, and if all other needs are met, may still approve the individual PRC or PRT as a PRI Mini Residency Center.*
- 3) There will be a designated PRC or PRT, that will oversee the resident during their time at the PRI Mini Residency Center, however the resident may spend time with other PRC or PRT professionals or others on staff who have taken at least 3 PRI courses, and regularly implement PRI concepts with their patients or clients.
- 4) The PRI Mini Residency Center must designate a minimum of at least one hour per week for individual meeting time with the resident to review cases, answer questions, and evaluate clinical reasoning and performance. This meeting should take place with the supervising PRC or PRT.

- 5) During the first week, the supervising PRC or PRT should assist the resident in setting goals to be achieved during the 6-week PRI Mini Residency Program at their center.
- 6) The PRI Mini Residency Center should have at least one PRC or PRT on staff who has taken all of the PRI secondary courses, and has expressed confidence in determining the need for referral for interdisciplinary care with other healthcare professionals, which may include but is not limited to a podiatrist, dentist, or optometrist.
- 7) There will not be any demands placed on the PRI Mini Residency Center by either the resident or the Postural Restoration Institute® to “pass” or “fail” the resident based on performance. Mentorship, guidance, intervention and vocational instruction in a pedagogic setting is the basis for this residency program, and each resident will receive a certificate of completion following completion of the 6-week PRI Mini Residency Program.
- 8) Complete up-to-date information about the site, expressed in the description of what a resident can expect at their PRI Mini Residency Center:
  - Outline and describe the opportunities that currently exist with patients or clients, and the conditions that exist with the majority or typical patient/client representation.
  - Outline any unique opportunities that exist.
  - Outline the experience and interest of the staff that the resident may have interactions with during their PRI Mini Residency Program at your center.
  - Outline the areas of specialization and the areas of interest that exist.
  - Describe the environment and setting.
  - Provide application deadlines/time frames, as well as up-to-date availability.

## Mentorship

The PRI Mini Residency Program is a wonderful way to provide mentorship to healthcare and movement professionals who are eager to better understand the science of Postural Restoration®, and learn through one-on-one patient/client management with an experienced PRC or PRT credentialed provider, and how it can be successfully integrated in a variety of professional settings. Mentoring consists of observation, co-evaluations and co-management led by the PRC or PRT professional, as well as discussion sessions/meetings between the PRC or PRT and the resident. Discussion sessions should focus on working towards the goals established for the resident at the onset of the program. The discussion sessions may occur before seeing a patient/client to prepare for the session and after seeing a patient/client to reflect on the session. Discussions also should focus on integrating scientific evidence related to intervention of PRI applicable principles.