



# MIND BODY SPIRIT

## PROTOCOL

# THERAPY BUILT 2 THRIVE

This protocol is dedicated to the  
military members, first responders and the fathers and  
mothers on the frontlines here in  
Black Hills...and maybe more importantly,  
for the children and grandchildren who they lead.

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# A BRIEF WORD

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You were made to thrive.  
You have the potential to thrive **mentally, physically, and Spiritually**.  
This protocol is built for you.

It integrates the best of mental health counseling with the best of physical fitness and Spiritual development to offer a complete therapy model that will empower you and your loved ones to overcome obstacles and take back control of your life.

## Why “Therapy” and not “Counseling”?

The term “**counseling**” is derived from Latin and comes from “counsel.” Counseling is advice giving.

The term “**therapy**” is derived from Greek and comes from “to heal.” **Therapy is healing.**

# STAGES OF COUNSELING

# Overview

1

## Stage one

***Tell your story.*** The client identifies goals, obstacles, and available strengths.

2

## Stage Two

***Sharpen your tools.*** The client learns mental, physical, and Spiritual tools to stabilize life and bring order to chaos.

3

## Stage Three

***Intro to Hemi-Sync.*** The client is introduced the the science-backed technology of Hemi-Sync binaural beat frequencies

4

## Stage Four

***Entering the Cave.*** Through the help of Hemi-Sync the client identifies the obstacles preventing mental, physical, and Spiritual wellness. A personalized MIND, BODY, AND SPIRIT intervention roadmap is established using the best evidenced-based tools available.

5

## Stage Five

***The road back home.*** Whole, healthy, and strong the client reestablishes relationships, routines, and looks forward to the future. The client is thriving. Counseling is terminated.

## Interventions

- Rogerian
- Client-centered
- Hero's Journey Therapy

- Breathwork
- Grounding techniques
- Cognitive Behavioral Therapy

- Hemi-Sync Meditation

- Depth Psychology
- CrossFit
- Hemi-Sync
- Cold Plunge therapy
- Outdoor integration
- Archery integration
- Philosophy

- Narrative therapy

# FACE TO FACE

vs.

# SHOULDER TO SHOULDER

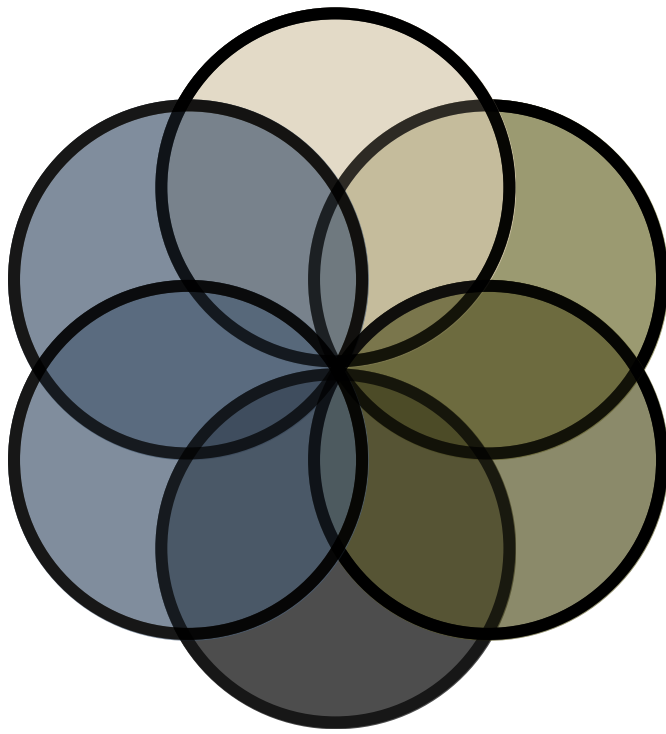
- You are the problem
- Diagnosis heavy
- Cross-legged in a chair, sipping tea
- Talk heavy

- You are not the problem, the obstacle is the problem
- You have symptoms but you are not a label
- CrossFit, outside, hikes, cold plunges, and archery
- Experiential

“

"It is when we are doing things together that friendship springs up – painting, sailing ships, praying, philosophizing, and fighting shoulder to shoulder. Friends look in the same direction." -C.S. Lewis

”



You are not your **mind**. You are not your **body**. You are not your **thoughts, emotions, or feelings**. **You are something more**

The integration of hiking, archery, CrossFit, Hemi-Sync, and cold plunges with traditional mental health therapy is designed so you can remember this and take back control of your life



# Integrative Approach

## Narrative<sup>1</sup>



*Tell your story*

## Cognitive Behavioral<sup>2</sup>

*Control your mind*



## Breathwork<sup>2</sup>



*Use your breath*

## Hemi-Sync<sup>3</sup>

*Take back control*



# Advanced Integrative Approach

## Depth Psychology<sup>4</sup>



*Enter into the cave*

## CrossFit Integration<sup>4</sup>

*Activate your body*



## Cold Plunge Integration<sup>4</sup>



*Rewire your body*

## Hiking/Archery Integration<sup>4</sup>

*Rewire mind/body*



Powered by

# RESEARCH<sup>1</sup> ANCIENT WISDOM<sup>2</sup> PHILOSOPHY<sup>3</sup>



MIND

- "Map of Consciousness" by David Hawkins
- "How a Man Thinketh" by James Allen
- "Feeling Good" by Dr. David Burns
- "Man's Search for Meaning" by Victor Frankl
- "Think Like a Monk" by Jay Shetty
- "Headspace" by Andi Puddicombe



BODY

- "The Body Keeps the Score" by Bessel van der Kolk
- "Primal Blueprint" by Mark Sisson
- "Primal Endurance Athlete" by Mark Sisson
- "QiGong Meditation" by Jwing-Ming Yang
- Level 1 Training Guide- CrossFit Training
- "The Wim Hof Method" by Wim Hof



SPIRIT

- "Celebration of Disciplines" by Richard Foster
- [Hemi-sync.com/learn](http://Hemi-sync.com/learn)
- "My Big Toe" by Thomas Campbell
- The Bible
- "Life after Death" (video) by Angel Studio
- "Emotionally Healthy Spirituality" by Peter Scazzero

# ADVANCED INTERVENTIONS

Research Articles available upon request



Hemi-Sync

- [Hemi-sync.com/learn](https://hemi-sync.com/learn)
- PTSD
- Depression
- Attention
- Sleep



CrossFit

- Motivation, satisfaction, and enjoyment
- Overall wellbeing
- Stress reduction/coping mechanisms
- Sense of community and empowerment
- Mental health and quality of life



Cold Plunge

- Mood enhancement
- Anxiety and depression
- Increased mental clarity and focus
- Resiliency and psychological empowerment
- Quality of life



Hiking/Archery

- Enhanced focus and concentration
- Stress reduction and relaxation
- Self-efficacy
- Mindfulness and emotional regulation
- Resilience and patience

# My Bio



**Skyler Owen Bascom**

*Provisionally Licensed Counselor*

- **Battalion Chaplain for 881 Troop Command**
- **Pastor**
- **Hold a Masters in Counseling**
- **Hold a Masters in Divinity**
- **L-1, L-2, L-3 CrossFit Coach (coming soon through Army Ignite)**
- **Married since 2009**
- **Raising five children**
- **Cold Plunge enthusiast**
- **NOLS Wilderness Trained**
- **Bow hunter**

Mental health is not a DIY project. In 2014 my wife and I went through "the summer of hell" and I was diagnosed with PTSD. After failed attempts to DIY my mental health and marriage I turned to a trusted therapist named Pete.

He taught us simple cognitive, nutritional, and spiritual tools that restored my mind and our marriage in only a few sessions.

These brief sessions informed my personal mission statement "to encourage, coach, and teach those around me to THRIVE in MIND, BODY, and SPIRIT."

I've been pursuing this mission ever since.

Mental health is not a DIY project. Therapy does not have to be a life-long sentence. If you are motivated, healing and transformation can happen quickly.

Thank you Pete.

# Note Worthy Projects



- Co-Founded Ralston Academy (2019)
- Kendell E. Burke Recipient Bushnell University (2012)
- Launched at-risk-youth Mentor Project (2017)
- Designed and operate West Teen Center (2023)
- Army National Fitness Award Recipient (2007)
- Published articles advocating for student's mental, physical, and spiritual wellbeing during COVID (2020)
- Created Mentored Podcast (2018)



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