



MIND BODY SPIRIT
PROTOCOL



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

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A BRIEF WORD



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

This is not like traditional counseling. The MIND BODY SPIRIT Protocol
works as hard as you do.

Move beyond the idea of simply “going to” counseling. Instead, engage in
a protocol so you can **control your MIND, activate your BODY, and ignite
your SPIRIT.**

WHY “THERAPY?”

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.**



**Traditional
Counseling**

vs.



Face to Face

**Shoulder to
Shoulder**

Talk heavy

Experience heavy

**Counseling =
Advice**

**Therapy=
Healing**

**Focused on
the mind**

**Mental, physical &
Spiritual focus**

**Sitting cross-
legged, sipping
warm tea,
stuck inside**

**CrossFit, hikes,
cold plunges &
archery integration**

“

"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

”

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

BUILT FROM¹ RESEARCH² ANCIENT WISDOM² PHILOSOPHY³



- "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



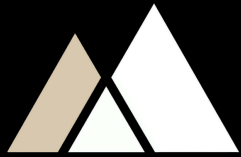
- "The Body Keeps the Score" by Bessel van der Kolk
- "Primal Blueprint" by Mark Sisson
- "Primal Endurance Athlete" by Mark Sisson
- "QiGong Meditation" by Jwing-Ming Yang
- Level 1 Training Guide- CrossFit Training
- "The Wim Hof Method" by Wim Hof



- "Celebration of Disciplines" by Richard Foster
- 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

Integrative Approach

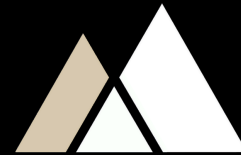
Narrative¹



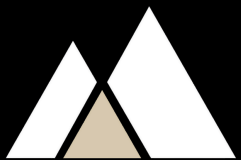
Tell your story

Cognitive Behavioral²

Control your mind



Breathwork²



Use your breath

Hemi-Sync³

Take back control



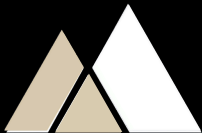
ADVANCED INTERVENTIONS

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

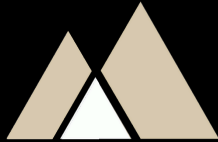


Hiking/Archery

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

Advanced Integrative Approach

Depth Psychology⁴



Enter into the cave

CrossFit Integration⁴

Activate your body



Cold Plunge Integration⁴



Rewire your body

Hiking/Archery Integration⁴

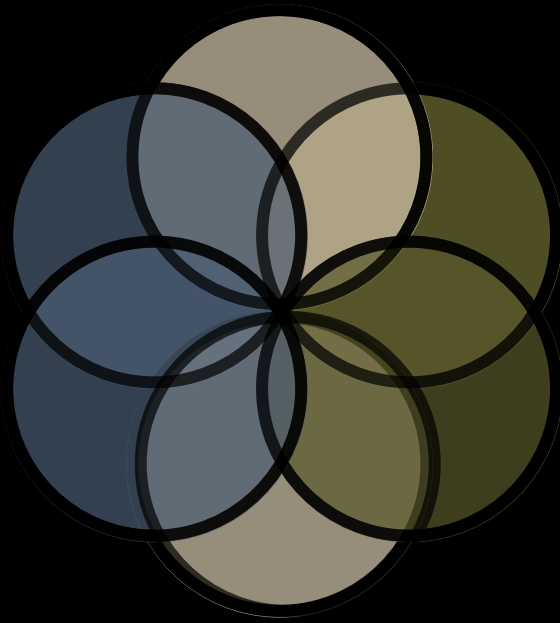
Rewire mind/body



The Hero's Journey



CONSCIOUSNESS INTEGRATION



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

You are something more.

This “something more” is your Spirit/Soul/Higher Consciousness. Our interventions are designed to strengthen this part of you. As you do, your body/mind will follow.

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

Bio

Skyler Owen Bascom

MDiv., MCoun., NCC



Hi, my name is Skyler Owen Bascom.

Father | Husband | Chaplain | Pastor | Prov. Licensed Counselor

My personal mission is to encourage, coach, and teach those around me to thrive in mind, body, and Spirit. This mission has led me to build a custom approach to therapy called the MIND BODY SPIRIT Protocol.

The protocol is built from my educational, relational, and vocational experiences. Educationally, I hold a Master's degree in both Counseling and Divinity. Relationally, I am a proud father of five children and I have been married since 2009. Vocationally, I have served as an Ordained Pastor, Counselor, and Military Chaplain.

Starting in 2014 I began my journey to heal from PTSD. The tools I learned, education I acquired, and life experience I lived helped me build the MIND BODY SPIRIT Protocol which I first used to heal myself and since I have seen countless clients work it to control their mind, activate their bodies, and ignite their Spirit.

Note Worthy Projects



- Co-Founded Ralston Academy (2019)
- Founding Board member of FLOP (For the Love of People) (2021)
- 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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