

TABLE 2 Summary of integration practices by theme.

Theme	Integration practices
Artistic/creative	Drawing Mandalas (multiple) Drawing (multiple) Painting (multiple) Art exercises (multiple) Creative expression (multiple)
Music/singing	Listening to music Playing music (Grof, 2008) Chanting/Singing (multiple) Drumming (Kaufman and McCamy, 2019)
Movement/somatic	Drumming (Kaufman and McCamy, 2019) Yoga (multiple) Dance (multiple) Qigong (Buller and Moore, 2019) Tai Chi (Coder, 2017; Bourzat and Hunter, 2019) Progressive Muscle Relaxation (Westrum and Dufrechou, 2019) Walking in nature (multiple) Active movement: Hiking, Bicycling, Sailing, Martial Arts (Coder, 2017; Bourzat and Hunter, 2019) Exercising (multiple) Massage (multiple) Acupuncture (Buller and Moore, 2019) Bath soaks/Shower (Bourzat and Hunter, 2019; Westrum and Dufrechou, 2019) Essential oils/Aromatherapy (Bourzat and Hunter, 2019; Buller and Moore, 2019) Sweat/Sauna (Bourzat and Hunter, 2019) Sensory deprivation/Float Tank (Bourzat and Hunter, 2019) Laugh (Buller and Moore, 2019) Sexual life/needs (Buller and Moore, 2019)
Diet/health practices	Healthy diet (multiple) Fasting (Westrum and Dufrechou, 2019) Naturopathy (Freckska et al., 2016) Colonic irrigation (Freckska et al., 2016)
Quiet time/downtime	Self-reflection/Introspection (multiple) Rest (multiple) Reading (multiple) Time (multiple) Space for emotions (Buller and Moore, 2019) New hobbies (Ortigo, 2021)
Journaling	Journaling (multiple) Dream Journal (Ortigo, 2021)
Therapy/mind focus	Therapy Bibliotherapy (Freckska et al., 2016) Psychotherapy (multiple) Family Constellation therapy (Labate and Cavnar, 2014) Internal Family Systems (Morgan, 2020) Sculpting (Grof, 2008; Labate and Cavnar, 2014) ACT Model (Sloshower et al., 2020; Gorman et al., 2021) Group therapy (Trope et al., 2019) Mindfulness (Gorman et al., 2021) Harm Reduction (Gorman et al., 2017; Gorman et al., 2021) Transpersonal/Psychodynamic (Passie, 2009) Values Clarification/Belief work/Virtues (multiple) Assimilating memories (Richards, 2015; Belser et al., 2017) Emotions work (Kaufman and McCamy, 2019) Reinforcing new habits (Bourzat and Hunter, 2019) Insights/Values into action (multiple)

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TABLE 2 (Continued)

Theme	Integration practices
Meditation/mindfulness	Mindfulness practice (multiple) Meditation (multiple) Walking meditation (Westrum and Dufrechou, 2019) Shinrin-Yoku practice (Gandy et al., 2020) Body scan (Westrum and Dufrechou, 2019) Breathing techniques (multiple) Breathwork (Buller and Moore, 2019; Westrum and Dufrechou, 2019) Mundane activities done with mindfulness (Westrum and Dufrechou, 2019; Bast, 2020)
Nature	Time in nature (multiple) Horticulture (Gandy et al., 2020) Nature walk (multiple) Talk therapy in nature (Gandy et al., 2020) Shinrin-Yoku practice (Gandy et al., 2020) Favorite places in nature (Bourzat and Hunter, 2019)
Creating space/ritual	Creating an altar/Sanctuary (multiple) Physical comforts (Bourzat and Hunter, 2019) Arrange comfortable workspace (Buller and Moore, 2019) Organizing/Cleaning (Bourzat and Hunter, 2019) Nourishing environment (Fadiman, 2011)
Spiritual/existential	Spixritual practice (multiple) Intention setting (Freckska et al., 2016; Kettner et al., 2021) Mantra work (Coder, 2017) Gratitude practice (Coder, 2017) Prayer (multiple) Tarot/Medicine (Westrum and Dufrechou, 2019) Sage/Smudging (Buller and Moore, 2019) Self-Awareness/Individuation practice (Ortigo, 2021) Astrology (Buller and Moore, 2019) Inner listening (Coder, 2017) Connect with spiritual mentor/community (Buller and Moore, 2019) Practice openness, presence, awareness (Coder, 2017) Exploring relationship with death (Westrum and Dufrechou, 2019) Reflect on elementals (Coder, 2017)
Dreamwork/Symbolic interpretation	Dream work (multiple) Shadow work (Westrum and Dufrechou, 2019) Dream journaling (Ortigo, 2021) Interpreting symbols (multiple) Exploring metaphors in nature (Coder, 2017)
Community/activism	Community Participation and Support (multiple) Volunteer (Buller and Moore, 2019) Activism (Bourzat and Hunter, 2019) Service (Bast, 2020) Donating (Bourzat and Hunter, 2019) Serving in hospice care (Bourzat and Hunter, 2019) Bring beauty in the world (Coder, 2017) Practice love toward world (Coder, 2017)
Relational/interpersonal	Boundary setting (Bourzat and Hunter, 2019; Buller and Moore, 2019) Building connections (Buller and Moore, 2019) Writing letter to loved one (Bourzat and Hunter, 2019) Reaching out for help (Bourzat and Hunter, 2019) Non-sexual touch/physical closeness (Passie, 2009) Interpersonal closeness (Passie, 2009) Practice love toward others (Coder, 2017) Sharing circles/groups (multiple) Time with loved ones and children (Buller and Moore, 2019)