

TABLE 3

Organization of Ideas into Themes ☒

Holism	Access
Acceptance	Availability
Attitudes of practitioners	Awareness
Communication with providers	Barriers
Community	Constraints
Continuity	Costs versus benefits
Empathy	Cultural practices
Feedback	Determinants
Healing energy	Economic barriers
Limits to conventional medicine	Insurance
Mind-body integration	Jargon
Patient-practitioner alliance	Language barriers
Practice style	Logistic barriers
Psychological	Payment
Spirituality	Purchasing
Staying healthy	Profits
Tradition	Referrals
Practitioners working together	Word-of-mouth

Empowerment	Legitimization
Client versus patient	Acceptability
Education	Certification
Healing as active process	Credentials
Healing vs treating	Efficacy
Listening	Evidence
Making choices	Formal systems
Nourishing	The "grapevine"
Open-mindedness	Informal networks
Personal treatment	Institutionalization
Responsibility	Licensing
Understanding	Organizations
Self-directed	Regulation
Strengthening	Research
Survive versus thrive	Respect
Transcendence	Scientific proof ☒
Uniqueness	