



Impact Factor: 0.264 | Ranking: 110/126 in Psychology, Multidisciplinary

Source: 2012 Journal Citation Reports®
(Thomson Reuters, 2013)**Journal of Humanistic Psychology**

jhp.sagepub.com

doi: 10.1177/0022167804272628

Journal of Humanistic Psychology Winter 2005 vol. 45 no. 1 106-130

Humanistic Psychology and Animal Rights: Reconsidering the Boundaries of the Humanistic Ethic

Melanie Joy¹[+](#) Author Affiliations**Abstract**

Speciesism, discrimination against others based on membership in a species, is an ideology in which countless animals are sacrificed for human ends. This system may be supported by a set of problematic psychosocial processes that are detrimental to humans and nonhumans. Psychology, as the field that seeks to understand human motivation and helps define the parameters of social values and normative behavior, may be in a position to challenge the speciesist status quo. Specifically, humanistic psychology, with its emphasis on authenticity, personal integrity, social responsibility, ethics, empathy, and democracy, seems naturally poised to embrace a nonspeciesist, animal rights perspective. However, virtually all psychological paradigms seem to sanction speciesism. This article explores the speciesist underpinnings of psychological thought and suggests a new paradigm that embraces many humanistic values with which to appreciate the role of other animals in human psychology and ontology and to work toward a more nonviolent social order.

[speciesism](#) [psychology](#) [empathy](#) [animal rights](#) [animal liberation](#)
[humanistic](#) [psychic numbing](#) [cognitive moral dissonance](#) [ecopsychology](#)
[carnism](#)

Articles citing this article**Basho's Therapy for Narcissus: Nature as Intimate Other and Transpersonal Self**

Journal of Humanistic Psychology January 1, 2010 50: 38-64

[Abstract](#) [Full Text \(PDF\)](#)