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1 / 12 Adriana Duduleanu/EyeEm/Getty Images It's no secret that dogs love food. They sometimes eat strange things (for instance, why do dogs eat dirt?), and they will happily scarf down human food. But most dog owners know that there are plenty of human foods dogs can't eat—not just because they can be unhealthy but because they can be toxic. And beyond that, dogs can have adverse reactions to certain foods, even if they are supposedly good for them. "It's important to know that dogs can have food intolerances just like people, causing gastrointestinal upset or even an allergic reaction," says Kelly Ryan, DVM, Director of Veterinary Services for the Animal Medical Center of Mid-America. Be sure to monitor your dog and check with your vet if you're questioning whether to introduce a new food. Dr. Ryan also notes that human food that is not a specific part of your dog's daily food regimen should not take up more than 10 percent of his caloric intake; that's an important guideline when devising the very best diet for your dog. But if you want to feed your pup human food in a responsible way, you're probably wondering what human foods your dog can eat. Here are the best options. 2 / 12 villagemoon/Getty Images Most dog owners know that grapes and raisins can make their dog sick, but they don't know which fruits are actually beneficial. Plenty are, including watermelon. "It is a health-food powerhouse, low in calories and packed with nutrients—vitamins A, B6, and C, and potassium," according to the American Kennel Club. Watermelon is also a great snack to give your dog on a hot day, as it is mostly water. Pro tip: Freeze some watermelon cubes for an even better doggy cool-down. RELATED: Can Dogs Eat Cat Food? 3 / 12 Maria Khalusova/Shutterstock Blueberries are packed with antioxidants, making them extremely healthy for man's best friend and one of the best human food dogs can eat. Depending on your dog's size, however, choking might be a potential risk; try cutting up the berries for smaller dogs. 4 / 12 Evgeny Karandaev/Shutterstock Apples are light and delicious for both you and your dog. They also provide fiber, vitamins A and C, omega-3, omega-6, antioxidants, flavonoids, and polyphenols. "But make sure your dog doesn't eat the apple seeds," warns Dr. Ryan. "They are toxic." Apple seeds actually contain small traces of cyanide. The human digestive system can easily filter this out, but the same is not true for canines. RELATED: Signs Your "Healthy" Dog Is Actually Sick 5 / 12 Dmytro Gilitukha/Shutterstock What human foods can dogs eat when it comes to veggies? Carrots, for one, are wonderful snacks for your pup. Dogs can eat carrots several ways: raw, cooked, or even with the green tops still on them. But remember: They're just a small part of your pet's complete diet. RELATED: Why Do Dogs Eat Grass? 6 / 12 bigacis/Shutterstock Green beans are the full package: They're a great source of fiber, omega-3 fatty acids, vitamins A, C, and K, folic acid, magnesium, calcium, iron, and potassium. In fact, green beans are so healthy for dogs that some people make them a sizable portion of their pup's daily food regimen. Just don't add salt or seasoning. 7 / 12 5 second Studio/Shutterstock This vegetable has plenty of fiber, which can be good for a dog's digestive health. As a snack, cooked asparagus is perfectly safe for dogs. But don't give Fido the raw version: It can be difficult for him to digest. RELATED: Best Dog Food for Small Dogs 8 / 12 alicja neumiler/Shutterstock Spinach is rich in antioxidants, iron, and vitamin K. That's what makes it so healthy for humans and a potentially beneficial part of your dog's diet. Spinach can boost your dog's immune system and energy levels, making for an all-around healthier pet. RELATED: Cancer-Fighting Foods for Dogs 9 / 12 Moncherie/Getty Images Vets often recommend pumpkin when a dog is constipated or has other digestive issues. Give your dog some canned pumpkin with his kibble to keep his digestive system running smoothly. Look for the organic kind, recommends Dr. Ryan, and "be sure it's not pumpkin pie mix to avoid the spices. Also check with your veterinarian to see how much pumpkin he or she recommends, as too much can cause diarrhea." RELATED: The Best Dog Food for Large Dogs 10 / 12 Istediana/Getty Images One of the first ingredients that comes to mind when asking "what human foods can dogs eat" is meat. But while your dog may love most kinds of meat, make sure whatever cut you give him doesn't have much fat on it. Food with a high fat content can easily make your dog gain weight. As far as land animals go, chicken is always a safe bet, especially when your dog has an upset stomach. "Try bland foods like poached chicken and steamed white rice," says Ann Hohenhaus, DVM, of New York City's Animal Medical Center. "Veterinarians also recommend feeding cooked protein sources rather than raw protein sources," she adds. "Protein like meat and eggs can carry diseases in microbes unless properly cooked." 11 / 12 from my point of view/Shutterstock It's not just the meat of the chicken that's good for your dog to eat. "Bone broth, either homemade or store-bought, can help a dog with an upset stomach," advises Dr. Ryan. However, be extremely cautious about the actual bones. "If you are feeding your dog any type of meat, remove all bones before giving it to them. Ingesting the bones could cause a variety of problems for dogs like broken teeth, an injured mouth, [or] an intestinal blockage that requires surgery." RELATED: Dog Food Brands Veterinarians Feed Their Own Pets 12 / 12 Bon Appetit/Shutterstock Fish is one human food dogs can eat—as long as it isn't raw. And certain types of fish are healthier for your dog than others. Salmon, ocean whitefish, and herring, for example, are fish that live short lives, so they have lower levels of mercury compared to fish near the top of the food chain like, say, swordfish. Fish is also a great source of protein for your dog if he or she has allergic reactions to other types of meat. Now that you know what human foods dogs can eat, find out potential reasons for a dog not eating. Then, learn if dogs can eat hot dogs. Sources: Originally Published: March 22, 2021 Humanistic psychology is a perspective that emphasizes looking at the whole individual and stresses concepts such as free will, self-efficacy, and self-actualization. Rather than concentrating on dysfunction, humanistic psychology strives to help people fulfill their potential and maximize their well-being. This area of psychology emerged during the 1950s as a reaction to psychoanalysis and behaviorism, which had dominated psychology during the first half of the century. Psychoanalysis was focused on understanding the unconscious motivations that drive behavior while behaviorism studied the conditioning processes that produce behavior. Humanist thinkers felt that both psychoanalysis and behaviorism were too pessimistic, either focusing on the most tragic of emotions or failing to take into account the role of personal choice. However, it is not necessary to think of these three schools of thought as competing elements. Each branch of psychology has contributed to our understanding of the human mind and behavior. Humanistic psychology added yet another dimension that takes a more holistic view of the individual. Humanism is a philosophy that stresses the importance of human factors rather than looking at religious, divine, or spiritual matters. Humanism is rooted in the idea that people have an ethical responsibility to lead lives that are personally fulfilling while at the same time contributing to the greater good of all people. Humanism stresses the importance of human values and dignity. It proposes that people can resolve problems through science and reason. Rather than looking to religious traditions, humanism focuses on helping people live well, achieve personal growth, and make the world a better place. The term "humanism" is often used more broadly, but it also has significance in a number of different fields, including psychology. Some religious traditions incorporate elements of humanism as part of their belief systems. Examples of religious humanism include Quakers, Lutherans, and Unitarian Universalists. Secular humanism rejects all religious beliefs, including the existence of the supernatural. This approach stresses the importance of logic, the scientific method, and rationality when it comes to understanding the world and solving human problems. Humanistic psychology focuses on each individual's potential and stresses the importance of growth and self-actualization. The fundamental belief of humanistic psychology is that people are innately good and that mental and social problems result from deviations from this natural tendency. Humanistic psychology also suggests that people possess personal agency and that they are motivated to use this free will to pursue things that will help them achieve their full potential as human beings. The need for fulfillment and personal growth is a key motivator of all behavior. People are continually looking for new ways to grow, to become better, to learn new things, and to experience psychological growth and self-actualization. Some of the ways that humanistic psychology is applied within the field of psychology include: Humanistic therapy: Several different types of psychotherapy have emerged that are rooted in the principles of humanism. These include client-centered therapy, existential therapy, and Gestalt therapy. Personal development: Because humanism stresses the importance of self-actualization and reaching one's full potential, it can be used as a tool of self-discovery and personal development. Social change: Another important aspect of humanism is improving communities and societies. For individuals to be healthy and whole, it is important to develop societies that foster personal well-being and provide social support. The humanist movement had an enormous influence on the course of psychology and contributed new ways of thinking about mental health. It offered a new approach to understanding human behaviors and motivations and led to the development of new techniques and approaches to psychotherapy. Some of the major ideas and concepts that emerged as a result of the humanistic psychology movement include an emphasis on things such as: Some tips from humanistic psychology that can help people pursue their own fulfillment and actualization include: Discover your own strengthsDevelop a vision for what you want to achieveConsider your own beliefs and valuesPursue experiences that bring you joy and develop your skillsLearn to accept yourself and othersFocus on enjoying experiences rather than just achieving goalsKeep learning new thingsPursue things that you are passionate aboutMaintain an optimistic outlook One of the major strengths of humanistic psychology is that it emphasizes the role of the individual. This school of psychology gives people more credit for controlling and determining their state of mental health. It also takes environmental influences into account. Rather than focusing solely on our internal thoughts and desires, humanistic psychology also credits the environment's influence on our experiences. Humanistic psychology helped remove some of the stigma attached to therapy and made it more acceptable for normal, healthy individuals to explore their abilities and potential through therapy. While humanistic psychology continues to influence therapy, education, healthcare, and other areas, it has not been without some criticism. For example, the humanist approach is often seen as too subjective. The importance of individual experience makes it difficult to objectively study and measure humanistic phenomena. How can we objectively tell if someone is self-actualized? The answer, of course, is that we cannot. We can only rely upon the individual's assessment of their experience. Another major criticism is that observations are unverifiable; there is no accurate way to measure or quantify these qualities. This can make it more difficult to conduct research and design assessments to measure hard-to-measure concepts. The early development of humanistic psychology was heavily influenced by the works of a few key theorists, especially Abraham Maslow and Carl Rogers. Other prominent humanist thinkers included Rollo May and Erich Fromm. In 1943, Abraham Maslow described his hierarchy of needs in "A Theory of Human Motivation" published in Psychological Review. Later during the late 1950s, Abraham Maslow and other psychologists held meetings to discuss developing a professional organization devoted to a more humanist approach to psychology. They agreed that topics such as self-actualization, creativity, individuality, and related topics were the central themes of this new approach. In 1951, Carl Rogers published "Client-Centered Therapy," which described his humanistic, client-directed approach to therapy. In 1961, the Journal of Humanistic Psychology was established. It was also in 1961 that the American Association for Humanistic Psychology was formed and by 1971, humanistic psychology become an APA division. In 1962, Maslow published "Toward a Psychology of Being," in which he described humanistic psychology as the "third force" in psychology. The first and second forces were behaviorism and psychoanalysis respectively. Today, the concepts central to humanistic psychology can be seen in many disciplines including other branches of psychology, education, therapy, political movements, and other areas. For example, transpersonal psychology and positive psychology both draw heavily on humanist influences. The goals of humanism remain as relevant today as they were in the 1940s and 1950s and humanistic psychology continues to empower individuals, enhance well-being, push people toward fulfilling their potential, and improve communities all over the world.

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