

# How to train your ESA dog to provide animal-assisted therapy In 2022

Emotional Support works like magic, especially for those who may be down in the dumps. There is no specific time when mental issues might hit. However, overcoming these is what life is all about. But you do need some help with it as it might be difficult to cope alone. In comes a furry creature that would take your troubles away like magic.

Emotional Support Animals (ESAs) are made just for this purpose and even though they do not have the training, they do the job very well. What best pet to have than a dog? Difficult to answer right? It is because dogs are faithful creatures and they love you unconditionally.



Now to bring your symptoms under control, you must have some therapy. Therapy allows you to release the pressure that is bottled up inside and help you through it. So in short, if the ESA dog can provide therapy then you would have double benefits from it. Training dogs is a professional task and might require heavy finances to get it done by a professional. But if it is out of your budget, you can have some things done yourself that would be equally as helpful. Let us see what these are:

- The dog should be accepting of anyone. In case you need help, the dog should be attached to you enough that whenever you need it, there is no hesitance involved.
- Secondly, the dog should allow you to easily pet it. New dogs tend to face some issues at first but it is essential that you train them to listen to your command and allow you to pet it. This is essential to release all the good hormones within you.
- Dog grooming is mandatory and it should allow you to manage these tasks. Once it develops a bond with you and you show it how everything is done, you would have all the bases covered.
- Walking the dog is also a great way to socialize and get out of tough situations. Dogs with loose leashes should be able to accompany you on your walk.
- Teaching the dog basic behavioral commands is mandatory. You do not want an ill-mannered situation. This is even more important if you are on an airline. Get an [emotional support dog letter](#) to grant you that access. You would be amazed at the difference it makes towards your mental health.
- There is no way to know in advance when might you need the help of your puppy. Calling it over is necessary and it must comply with your demands and needs.
- The focus of the dog should be at the highest level. There should be no distractions when you are trying to comfort yourself to get out of a messy situation. Dogs usually have a very high level of focus but you must develop this skill even more in order to achieve the desired output.
- The dog should be able to manage certain things on its own without any supervision for you. If you are able to instill this behavior then you would be less worried. The dog would be able to sense out the problem and then act accordingly to lend a helping hand.

However, one thing should be clear here, you may have a pet and it may serve as an emotional support animal. But it can require [esa letter for housing](#) because it will authorize you to take your ESA with you outside the house or if you live in a rental property.

These are all those things that you must be aware of in order to give yourself a chance at getting an improvement of symptoms. Mental health issues are no fun especially since you do not know how to manage them. Companies and other gatherings are irritating in such a situation when you would want to be left alone. But the problem here is that it could make matters even worse. You must have a company and try to lead as normal a life as possible.

Now, this is where the animal comes in. Emotional support animals especially dogs are some of the most reliable ones. You could have any breed that fits your style and you shall be amazed at what the results are. But among all this, there are scammers trying to swindle you. You must be careful not to get duped by them. One thing that they usually offer is an [emotional support animal letter](#) or registration. There is no such thing and you do not need any of it to enjoy the benefits.

The letter would be on professional letterhead, with proper information regarding the mental health practitioner. A proper process would be followed and there is no such thing as a free service. There are some expenses involved but there are all worth it. Do not try to ruin your day by trying to go towards a cheap offer that would eventually come back to bite you.

An [esa letter](#) is the only piece of document that you must have at all times to battle all those who may try to oppose you. Whether it be the Fair Housing Act or if you are trying to depend on the Air Carrier Access Act, both are covered. The only demand they have is that you have a legitimate piece of document with you. If you get the order from a reliable source then you would have nothing to worry about. You could easily tell the fakers from the real ones.

Isn't it great that you now have 2 in 1 benefits of keeping a dog? Not only will it be there to give you emotional help, but also provide you assistance in therapies so that you could enjoy a carefree life.

The whole process to get an ESA and bonding with it is a very attractive one. One tries to fulfill the needs of the partner while staying away from all the scams when applying for [esa letter online](#). These things make the bond strong and unbreakable. Here are some of the ways through which you could try to cope with what you are going through.

**More Resources:**

[how can i get an esa](#)

[how long do esa letters last](#)

[how to ask your therapist for an esa](#)

[how long is an esa letter good for](#)