

HOW DO YOU GET A THERAPY DOG

How do you get a therapy dog? This question is increasingly common as more people seek companionship and emotional support from trained animals. Therapy dogs can provide comfort and a sense of security to individuals in various settings, including hospitals, schools, nursing homes, and private homes. However, acquiring a therapy dog involves more than simply adopting a pet. It requires understanding the role of therapy dogs, the process of selection, training, and certification, and the ongoing care these special animals need to thrive in their roles.

UNDERSTANDING THERAPY DOGS

WHAT IS A THERAPY DOG?

A therapy dog is a domesticated animal that has been trained to provide comfort and support to individuals in various therapeutic settings. Unlike service dogs, which are specifically trained to assist individuals with disabilities, therapy dogs are not granted the same legal access rights. They work under the supervision of a handler, usually a therapist or trained volunteer, and provide emotional support, companionship, and comfort to those in need.

DIFFERENCE BETWEEN THERAPY DOGS, SERVICE DOGS, AND EMOTIONAL SUPPORT ANIMALS

It's essential to understand the differences between these types of support animals:

1. SERVICE DOGS:
 - TRAINED TO PERFORM SPECIFIC TASKS FOR INDIVIDUALS WITH DISABILITIES (E.G., GUIDING VISUALLY IMPAIRED PEOPLE).
 - LEGALLY PROTECTED UNDER THE AMERICANS WITH DISABILITIES ACT (ADA) AND CAN ACCESS MOST PUBLIC PLACES.
2. THERAPY DOGS:
 - TRAINED TO PROVIDE COMFORT AND AFFECTION; THEY WORK WITH A HANDLER IN VARIOUS THERAPEUTIC SETTINGS.
 - DO NOT HAVE THE SAME LEGAL ACCESS RIGHTS AS SERVICE DOGS.
3. EMOTIONAL SUPPORT ANIMALS (ESAs):
 - OFFER COMPANIONSHIP AND SUPPORT TO INDIVIDUALS WITH EMOTIONAL OR PSYCHOLOGICAL CONDITIONS.
 - DO NOT REQUIRE SPECIALIZED TRAINING AND HAVE LIMITED LEGAL PROTECTIONS.

UNDERSTANDING THESE DISTINCTIONS IS CRUCIAL WHEN CONSIDERING THE TYPE OF SUPPORT ANIMAL THAT BEST MEETS YOUR NEEDS.

STEPS TO GETTING A THERAPY DOG

ACQUIRING A THERAPY DOG INVOLVES SEVERAL STEPS, FROM ASSESSING YOUR NEEDS TO TRAINING AND CERTIFICATION. HERE'S A COMPREHENSIVE GUIDE TO HELP YOU THROUGH THE PROCESS.

1. EVALUATE YOUR NEEDS

BEFORE PURSUING A THERAPY DOG, IT'S ESSENTIAL TO EVALUATE YOUR NEEDS AND THE ROLE YOU EXPECT THE DOG TO FILL:

- ASSESS YOUR EMOTIONAL NEEDS:
 - ARE YOU SEEKING COMPANIONSHIP, EMOTIONAL SUPPORT, OR ASSISTANCE IN A SPECIFIC THERAPEUTIC CONTEXT?
- CONSIDER YOUR LIFESTYLE:
 - DO YOU HAVE THE TIME, SPACE, AND RESOURCES TO CARE FOR A DOG?
- IDENTIFY THE ENVIRONMENT:
 - WILL THE DOG BE WORKING IN A SPECIFIC SETTING, SUCH AS A SCHOOL OR HOSPITAL? UNDERSTAND THE REQUIREMENTS FOR THOSE ENVIRONMENTS.

2. RESEARCH BREEDS AND TEMPERAMENTS

DIFFERENT DOG BREEDS HAVE VARYING TEMPERAMENTS AND CHARACTERISTICS THAT MAY MAKE THEM MORE SUITABLE FOR THERAPY WORK:

- GOLDEN RETRIEVERS: KNOWN FOR THEIR FRIENDLY AND GENTLE NATURE.
- LABRADOR RETRIEVERS: HIGHLY TRAINABLE AND SOCIAL, MAKING THEM POPULAR CHOICES.
- POODLES: INTELLIGENT AND HYPOALLERGENIC, SUITABLE FOR VARIOUS ENVIRONMENTS.
- BEAGLES: FRIENDLY AND CURIOUS, THEY CAN BE EFFECTIVE THERAPY DOGS WITH PROPER TRAINING.

RESEARCH BREEDS AND CONSIDER ADOPTING FROM SHELTERS OR RESCUE ORGANIZATIONS, AS MANY MIXED-BREED DOGS ALSO MAKE EXCELLENT THERAPY COMPANIONS.

3. FIND A REPUTABLE TRAINING PROGRAM

ONCE YOU'VE CHOSEN A BREED OR SPECIFIC DOG, THE NEXT STEP IS TO ENROLL IN A REPUTABLE TRAINING PROGRAM. CONSIDER THE FOLLOWING:

- LOOK FOR CERTIFIED TRAINERS:
 - ENSURE THE TRAINER HAS EXPERIENCE IN TRAINING THERAPY DOGS AND IS RECOGNIZED BY ORGANIZATIONS SUCH AS THE INTERNATIONAL ASSOCIATION OF ANIMAL BEHAVIOR CONSULTANTS (IAABC) OR THE CERTIFICATION COUNCIL FOR PROFESSIONAL DOG TRAINERS (CCPDT).
- GROUP CLASSES VS. PRIVATE TRAINING:
 - GROUP CLASSES CAN BE BENEFICIAL FOR SOCIALIZATION, WHILE PRIVATE TRAINING PROVIDES TAILORED GUIDANCE.
- THERAPY DOG CERTIFICATION PROGRAMS:
 - MANY ORGANIZATIONS OFFER CERTIFICATION FOR THERAPY DOGS, INCLUDING PET PARTNERS AND THERAPY DOGS INTERNATIONAL. RESEARCH THE REQUIREMENTS AND CHOOSE A PROGRAM THAT ALIGNS WITH YOUR GOALS.

4. TRAINING YOUR THERAPY DOG

TRAINING IS A CRUCIAL PART OF PREPARING YOUR DOG FOR THERAPY WORK. HERE ARE SOME ESSENTIAL TRAINING COMPONENTS:

- BASIC OBEDIENCE: ENSURE YOUR DOG IS WELL-VERSED IN COMMANDS SUCH AS SIT, STAY, COME, AND HEEL.
- SOCIALIZATION: EXPOSE YOUR DOG TO VARIOUS ENVIRONMENTS, PEOPLE, AND OTHER ANIMALS TO HELP THEM BECOME COMFORTABLE IN DIFFERENT SITUATIONS.
- DESENSITIZATION: TRAIN YOUR DOG TO REMAIN CALM AND COMPOSED IN POTENTIALLY STRESSFUL ENVIRONMENTS, SUCH AS HOSPITALS OR SCHOOLS.

- **SPECIFIC THERAPY SKILLS:** DEPENDING ON YOUR DOG'S INTENDED ROLE, YOU MAY WANT TO TEACH THEM SPECIFIC SKILLS, LIKE HOW TO APPROACH AND COMFORT PEOPLE IN DISTRESS.

5. CERTIFICATION AND REGISTRATION

AFTER TRAINING, THE NEXT STEP IS TO HAVE YOUR DOG CERTIFIED AS A THERAPY DOG:

- **CERTIFICATION TESTING:** MOST THERAPY DOG ORGANIZATIONS REQUIRE DOGS TO PASS AN EVALUATION THAT TESTS THEIR BEHAVIOR, TEMPERAMENT, AND TRAINING SKILLS.
- **REGISTRATION:** ONCE CERTIFIED, YOU MAY CHOOSE TO REGISTER YOUR THERAPY DOG WITH ORGANIZATIONS THAT PROVIDE IDENTIFICATION AND SUPPORT RESOURCES.

ONGOING CARE AND RESPONSIBILITIES

ONCE YOU HAVE SUCCESSFULLY ACQUIRED A THERAPY DOG, YOUR RESPONSIBILITIES DON'T END WITH TRAINING AND CERTIFICATION. ONGOING CARE AND COMMITMENT ARE ESSENTIAL FOR BOTH YOUR WELL-BEING AND THAT OF YOUR DOG.

1. REGULAR HEALTH CHECK-UPS

- SCHEDULE REGULAR VETERINARY VISITS TO ENSURE YOUR DOG REMAINS HEALTHY AND UP-TO-DATE ON VACCINATIONS.
- DISCUSS ANY SPECIFIC HEALTH CONCERNS RELATED TO THE BREED YOU'VE CHOSEN.

2. CONTINUED SOCIALIZATION AND TRAINING

- REGULARLY ENGAGE IN SOCIALIZATION ACTIVITIES TO ENSURE YOUR DOG REMAINS COMFORTABLE IN VARIOUS ENVIRONMENTS.
- CONTINUE REINFORCING TRAINING COMMANDS AND SKILLS TO KEEP YOUR DOG SHARP AND RESPONSIVE.

3. EMOTIONAL AND PHYSICAL EXERCISE

- MAKE SURE TO PROVIDE REGULAR PHYSICAL EXERCISE THROUGH WALKS, PLAYTIME, AND MENTAL STIMULATION ACTIVITIES.
- ENGAGE IN BONDING ACTIVITIES TO STRENGTHEN THE RELATIONSHIP BETWEEN YOU AND YOUR THERAPY DOG.

FINAL THOUGHTS

ACQUIRING A THERAPY DOG CAN BE AN ENRICHING EXPERIENCE, OFFERING EMOTIONAL SUPPORT AND COMPANIONSHIP. HOWEVER, IT IS ESSENTIAL TO APPROACH THE PROCESS WITH CAREFUL CONSIDERATION AND DEDICATION. BY UNDERSTANDING THE ROLE OF THERAPY DOGS, EVALUATING YOUR NEEDS, SELECTING THE RIGHT BREED, AND COMMITTING TO PROPER TRAINING AND CARE, YOU CAN ENSURE THAT BOTH YOU AND YOUR THERAPY DOG CAN THRIVE TOGETHER. AS YOU EMBARK ON THIS JOURNEY, REMEMBER THAT THE GOAL IS TO CREATE A MUTUALLY BENEFICIAL RELATIONSHIP THAT ENHANCES THE QUALITY OF LIFE FOR BOTH YOU AND YOUR FURRY COMPANION.

FREQUENTLY ASKED QUESTIONS

WHAT IS A THERAPY DOG?

A THERAPY DOG IS A TRAINED CANINE THAT PROVIDES COMFORT AND SUPPORT TO INDIVIDUALS IN VARIOUS SETTINGS, SUCH AS HOSPITALS, SCHOOLS, AND NURSING HOMES.

WHAT ARE THE REQUIREMENTS TO QUALIFY FOR A THERAPY DOG?

REQUIREMENTS CAN VARY, BUT GENERALLY, THE DOG MUST BE AT LEAST ONE YEAR OLD, HAVE A FRIENDLY TEMPERAMENT, BE WELL-TRAINED, AND PASS AN EVALUATION BY A RECOGNIZED ORGANIZATION.

HOW DO I CHOOSE THE RIGHT DOG FOR THERAPY WORK?

LOOK FOR A DOG WITH A CALM DEMEANOR, GOOD SOCIAL SKILLS, AND A WILLINGNESS TO ENGAGE WITH PEOPLE. BREEDS LIKE LABRADOR RETRIEVERS AND GOLDEN RETRIEVERS ARE OFTEN GOOD CANDIDATES.

WHAT TRAINING DOES A THERAPY DOG NEED?

THERAPY DOGS TYPICALLY UNDERGO BASIC OBEDIENCE TRAINING, SOCIALIZATION, AND SPECIFIC TRAINING TO HANDLE VARIOUS ENVIRONMENTS AND INTERACTIONS WITH PEOPLE.

CAN I TRAIN MY OWN DOG TO BE A THERAPY DOG?

YES, YOU CAN TRAIN YOUR OWN DOG, BUT IT'S RECOMMENDED TO WORK WITH A CERTIFIED TRAINER WHO SPECIALIZES IN THERAPY DOG TRAINING TO ENSURE PROPER PREPARATION.

WHAT ORGANIZATIONS CERTIFY THERAPY DOGS?

ORGANIZATIONS LIKE THERAPY DOGS INTERNATIONAL (TDI), PET PARTNERS, AND THE ALLIANCE OF THERAPY DOGS OFFER CERTIFICATION FOR THERAPY DOGS AND THEIR HANDLERS.

HOW LONG DOES IT TAKE TO TRAIN A THERAPY DOG?

TRAINING CAN TAKE SEVERAL MONTHS TO A YEAR, DEPENDING ON THE DOG'S STARTING OBEDIENCE LEVEL AND THE SPECIFIC REQUIREMENTS OF THE CERTIFICATION ORGANIZATION.

ARE THERE ANY SPECIFIC HEALTH CHECKS REQUIRED FOR THERAPY DOGS?

YES, THERAPY DOGS USUALLY NEED TO BE UP-TO-DATE ON VACCINATIONS, UNDERGO A HEALTH CHECK BY A VETERINARIAN, AND HAVE A CLEAN BILL OF HEALTH.

WHAT IS THE PROCESS FOR GETTING A THERAPY DOG CERTIFIED?

THE PROCESS TYPICALLY INVOLVES COMPLETING TRAINING, PASSING AN EVALUATION, AND SUBMITTING AN APPLICATION TO A CERTIFICATION ORGANIZATION FOR APPROVAL.

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