

**ASK  
THE EXPERT**

**JOANNE WILLIAMS, LCSW**



THE TRUTH ABOUT  
TAKING YOUR DOG  
EVERYWHERE  
LEGALLY...AS  
**AN EMOTIONAL  
SUPPORT ANIMAL**  
OR  
**PSYCHIATRIC  
SERVICE DOG**

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## ***Introduction***

Many people have anxiety going to places alone, have a fear of flying or being in social situations. If you do, you probably have a lot of questions about simple ways to calm your anxiety like...Can I use my dog to calm me on a plane or have them go with me to stores legally? The answers to these questions and more are in this book.

But spoiler alert...You can legally take your dog with you, if they calm your nerves and meet the other qualifying requirements, that I will share more about throughout this book.

Just know that you're not alone, over the last 9 years, I've helped thousands of people to fly legally with their dogs.

## WHY GET AN ESA OR PSD?

There can be lots of questions and concerns about what the real truth is about how to do this legally and what is best solutions for you?

If you need your animal to live with you in “No Pet” housing as an Emotional Support Animals (ESA) or need a Psychiatric Service Dog (PSD) to go to all public places and to fly with you, this can be a solution for your anxiety and other psychological symptoms that dogs have proven to help with.

There are many misconceptions around Emotional Support Animals (ESA) for housing and Psychiatric Service Dogs (PSD) to fly that are just not true.

While some might be misinformation, others can be outright misleading

about the requirements needed to have your dog with you.

This can have a big impact on your anxiety level and your life experience, whether you can bring your dog with you everywhere or not.

Understanding this can give you the confidence of 3 federal laws to have your furry friend by your side.

This misinformation could easily be avoided if you get the accurate information and answers to your questions.

That's why I wrote this short book – to help you navigate through the maze of misinformation to make an informed decision about legally qualifying for a PSD or an ESA.

## WHY GET AN ESA OR PSD?

Having this clarifying information is NEEDED before flying or avoiding landlords restricting you from having an ESA with you in “no pet” housing so that you don’t pay pet rents, pet deposits, and no limits on weight or breed restrictions.

I’ll cover the benefits and answer the most pressing questions I receive and dispel misconceptions about PSD’s and ESA’s as well as share how to avoid the most common mistakes.

While this book is packed full of valuable information about the most common issues you may be facing, it doesn’t have all the answers.

That would be impossible to know every need or the right answer for everyone’s anxiety or situation.



ASK JOANNE WILLIAMS, LCSW

So, if you have questions, I'm here to help. You can reach me at 760-485-6784 or my email is [ESA@ESAEvaluation.com](mailto:ESA@ESAEvaluation.com).

- Joanne Williams, LCSW

## ***5 Benefits of Having an Emotional Support Animal (ESA) or a Psychiatric Service Dog (PSD) To Go Everywhere with You Legally***

### **1. Lowers Anxiety**

Having a dog with you can lower anxiety and panic attacks to fly, go into social situations with ease, helping with social anxiety as an ice breaker in conversations, going into crowded or fearful situations because they provide emotional support and reassurance.

## **2. Better Health**

10 Health benefits to having a dog, see the FAQ # 6.

## **3. Bond with Family**

Willingness to visit family more if you can take your dog to fly or stay in Airbnb with family or friends.

Helpful in relationships, to calm the environment or distract from agri-mony.

## **4. Improve Mental Wellness**

Study finds evidence emotional support animals benefit those with chronic mental illness.

## 5. Adds Purpose and Meaning to Life

Having an animal in your life adds purpose and meaning to stave off isolation and depression. Dogs creates routine and reasons to get out of the house more to socialize.

## ***3 Common Misconceptions about Getting a Psychiatric Service Dog or Emotional Support Animal***

### *I can't train my own dog*

Believing that you have to pay thousands of dollars to a professional trainer to be a legal PSD is untrue. The 3 federal laws and the ADA are clear you can train your own dog.

Or your dog may be intuitively Intune with your emotional states by "Recognizing, Responding and Reducing" your psychological symptoms, which is the definition of "trained" under the ADA.

## WHY GET AN ESA OR PSD?

### *My dog isn't professionally trained*

Not believing or recognizing that your dog might be trained already. If your dog is Intune with your emotional states and consistently recognizes, responds, and reduces your psychological symptoms, your dog is considered trained under the ADA law.

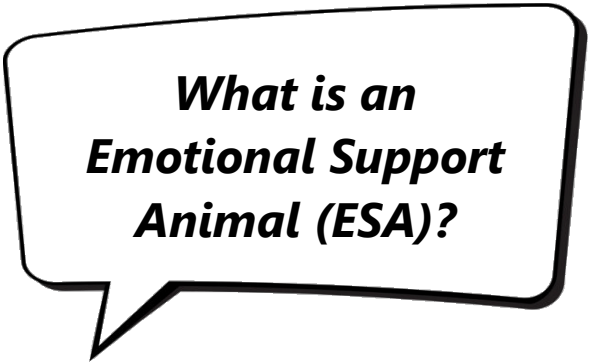
All dogs, whether ESA or PSD need to be behaviorally trained to stay under your control and never be aggressive or a nuisance i.e., barking out of control, lunging, jumping biting or injuring other dogs or people. Any damaged caused by your dog is your responsibility. A guard dog can't be a PSD.

*My dog can't fly with me*

Believing that you can't fly with your dog if they are over 20lbs. You can fly with any weight of dog if they meet the psychological qualifications. See more how to qualify at <https://esapro.com>.

There is a Federal Department of Transportation (DOT) form to complete before flying. In our PSD video chat certification sessions, I explain exactly what is required.

I go over the only question that can be asked of you. I share exactly how to respond and what you never have to respond to. I explain exactly what to say, if someone refuses you and your PSD.



***What is an  
Emotional Support  
Animal (ESA)?***

An Emotional Support Animal (ESA) can be any kind of animal. The cat, dog, rabbit, etc. must help with a daily functioning like socializing, concentration, or with sleep to be able to live with you, even in “no pet” housing.

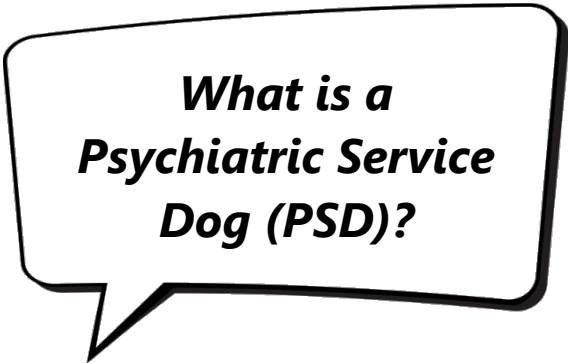
ESAs are for housing only under the Fair Housing Act (FHA) of 1968 to accommodate you for pet policies that restrict pets of a certain size, weight or breed.



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ESA can help with Autism break downs, depression, anxiety, and many other mental health disorders.

ESAs are meant to help you live in housing and go on the housing property, as others do.



***What is a  
Psychiatric Service  
Dog (PSD)?***

A Psychiatric Service Dog (PSD) is trained to help with Psychological Symptoms, like anxiety, panic attacks or PTSD, etc.

To qualify they need to recognize and respond to your psychological symptoms in your diagnosis and reduce or alleviate these symptoms.

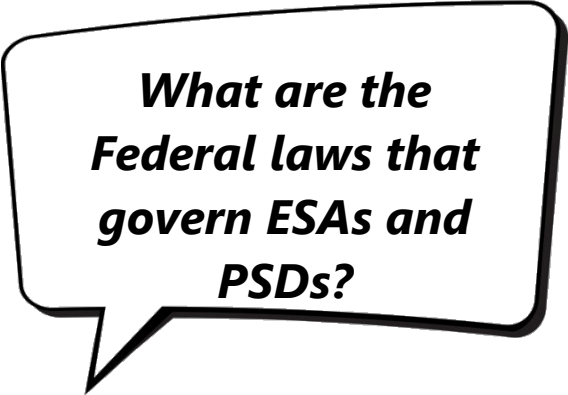
PSDs can legally go into all public places; stores, restaurants, hotels, Air B & B, air travel, public transportation and even to work, if they can accommodate.

You will need to know how to respond to the only question that can be asked; **What is the task that your dog is trained to help you with? Or provide verification of your need to have a PSD.**

As part of my PSD evaluation sessions and qualification process, we will go over these questions and more. After you qualify, you will receive an official letter and a photo ID of your PSD to share for verification. We will also clarify the tasks that your dog is trained to help you with and construct a statement to respond to that only question that can be asked.

I also instruct on what to say if someone attempts to refuse you or your PSD.





***What are the  
Federal laws that  
govern ESAs and  
PSDs?***

ESA for Housing- The Fair Housing Act (FHA) of 1968.

PSD to Fly - The Air Carriers Access Act (ACAA) of 1986 for flying with PSDs.

PSDs to go in all public places—  
Restaurants, stores, schools, public  
transportation - The Americans with  
Disabilities Act (ADA) of 1990.

## WHY GET AN ESA OR PSD?

***How do I qualify  
for an ESA or a  
PSD?***

To qualify for a Psychiatric Service Dog (PSD), you can go to <https://ESAprós.com> for a free 1-minute assessment to see if you qualify before you move ahead for the PSD evaluation sessions with Joanne.

Once certified you receive an official letter to give to your property manager, a Photo ID of your dog for ease to verify to go into stores and other public places. You will receive links to the 3 federal laws to your review.

In the PSD qualifying sessions, Joanne covers the 3 federal laws, the DOT air-lines form that is needed to be completed before flying.

She explains and clarifies exactly what to say when asked the only question that can be asked and how to respond if someone refuses you.

**To qualify for an Emotional Support Animal (ESA),** go to <https://ESAprós.com> for a free 1-minute assessment of the requirements before the session with your licensed therapist.

After the session, you will receive an official letter on letterhead from the licensed mental health professional stating that you have been diagnosed with a mental health diagnosis and that your psychological symptoms significantly limit and affects at least one of life's

## WHY GET AN ESA OR PSD?

basic activities, such as your social life, work or emotional functioning.

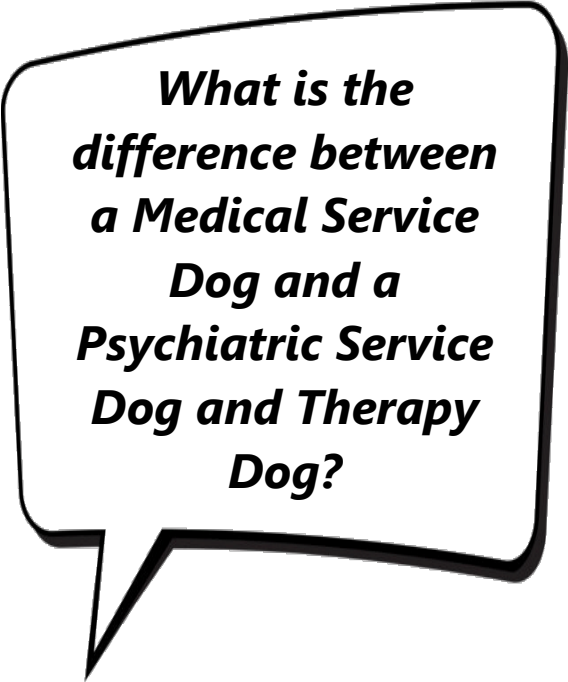
You will receive a link to the FHA to review.

There is a recommendation on the letter for the ongoing treatment to be an ESA.

Then this letter can be given to the property manager for housing accommodation.

This allows accommodation to the pet policy of weight, breed restrictions, and never to pay pet fees, or monthly pet rent, since they are no longer a pet.





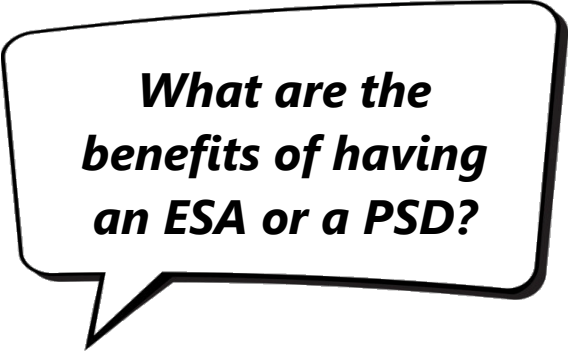
***What is the  
difference between  
a Medical Service  
Dog and a  
Psychiatric Service  
Dog and Therapy  
Dog?***

To be a **Medical Service Dog**, the dog needs to be trained to do tasks for the persons medical needs, i.e., a seeing eye dog to guide across a street, predict low blood sugar, helps the hearing impaired, etc.

## WHY GET AN ESA OR PSD?

A **Psychiatric Service Dog (PSD)** helps to alleviate or reduce psychology symptoms.

A **Therapy Dog** has been trained for appropriate behaviors and temperament to go into nursing homes, school and hospitals to visit and provide socialization or comfort.



***What are the benefits of having an ESA or a PSD?***

Many studies have shown medical benefits and cost savings of having a dog:

- 10 minutes of interacting with cats and dogs produced a significant reduction in students' cortisol, a stress hormone to calm anxiety.
- Research has shown that dogs and their owners share much of the same gut bacteria, reducing the risk for immune disorders, as asthma and allergies.

## WHY GET AN ESA OR PSD?

- Improve heart health - Studies show having a canine companion is linked to lower blood pressure, reduced cholesterol and decreased triglyceride levels, contributing to better overall cardiovascular health and fewer heart attacks. Less days out of work and lower medical cost.
- Having a dog can keep you fit and active - A study found that older adults who walked dogs experienced lower body mass index, fewer activities of daily living limitations, fewer doctor visits, more frequent moderate and vigorous exercise.
- Help you lose weight - Residents who walked "loaner" dogs 5 times a week lost an average of 14.4

pounds over a year and reducing gym costs walking the dog.

- Improve your social life- Research found about 40 percent of people with dogs make friends more easily, speak with other dog owners during walks and open up easily.
- Reduce stress - Spending just a few minutes with a pet can lower anxiety, blood pressure, increase levels of serotonin and dopamine that plays roles in calmness and wellbeing.
- People performing stressful tasks do better when there's a dog around, ease tension both at the office and between married couples, easing depression for a variety of people, with less

## WHY GET AN ESA OR PSD?

marriage counselling cost and medical bills.

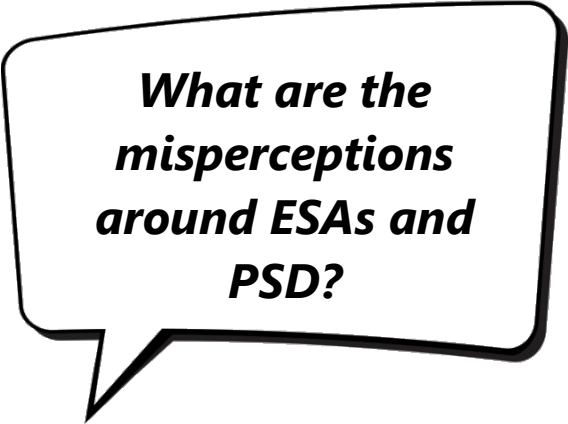
- A dog can add meaning and purpose to your life, can help prevent loneliness, isolation, key to staving off cognitive decline and disease.
- Dogs help create structure and routine. Dog owners are less prone to depression than the dog-less owners, because they help in many other areas of health and wellbeing.
- Prevent grandkids' allergies - Recent research shows dogs and cats lower a child's chance of becoming allergic to pets - up to 33% and may develop stronger immune systems.

- Reduce doctor visits by 30% - A study found, if you're over 65 and own a pet, you seek medical help about 30 percent less often than people who don't have a pet. Animal-owning seniors "reported fewer doctor contacts over a 1-year period than respondents who did not own pets. "Owners of dogs were buffered from the impact of stressful life events and less sick days.
- Dogs can help battle disease and injury - It's believed that owning a dog can help detect, treat, and manage a variety of illnesses. Some dogs have been trained to sniff out skin, kidney, bladder, and prostate cancer, among others. Needing less medical testing and less co-pays.

***Can a dog calm the environment they are in?***

15 airports have therapy dogs with handlers walking around in the vicinity of people because it has been shown that dogs calm the environment that they are in. It helps us all to be kinder and calmer while flying.





***What are the  
misperceptions  
around ESAs and  
PSD?***

One of the misperceptions around PSD are that you must pay thousands of dollars to have a professional trainer train you dog.

Many professional trainers have told me that they cannot train your dog to be in tune with your emotions. You have trained your own dog, by being a compassionate caregiver to the dog and the dog has responded with their innate

## WHY GET AN ESA OR PSD?

ability to read your emotions and respond to you.

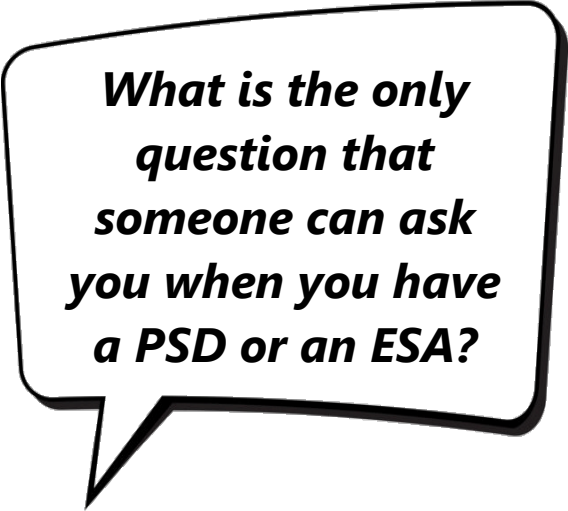
Many people in the public sector, and even at the airlines, think that the training of a PSD is behavioral training alone.

It is not. ESAs and PSDs must be behaviorally trained to be in public places. The training under the ADA law is that your dog must consistently responds to your emotional symptoms, as the task, and reduce your psychological symptoms.

Another misperception is that someone could ask you to demonstrate the task that your dog provides for you on the spot. They cannot ask that.

A misperception is that property managers can refuse an ESA letter, if it has all the required information in it.

You can also file a complaint with HUD if they try to refuse you.

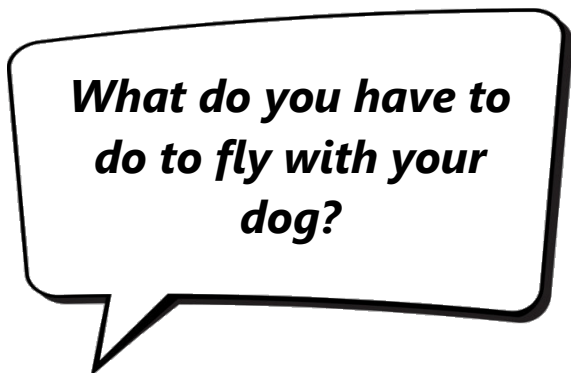


***What is the only question that someone can ask you when you have a PSD or an ESA?***

The only thing that anyone can ask you for a PSD is, "What is the task that your dog is trained to help you with?" Or for an ESA for housing, they can

## WHY GET AN ESA OR PSD?

ask to verify your need with documentation or ask what is the daily functioning that your animal helps with.



***What do you have to  
do to fly with your  
dog?***

The Department of Transportation (DOT) has a federal form that must be completed and sent into the airlines at least 48 hours before you fly, attesting to the training of the task that your dog performs for you. As part of the certification process, I will explain

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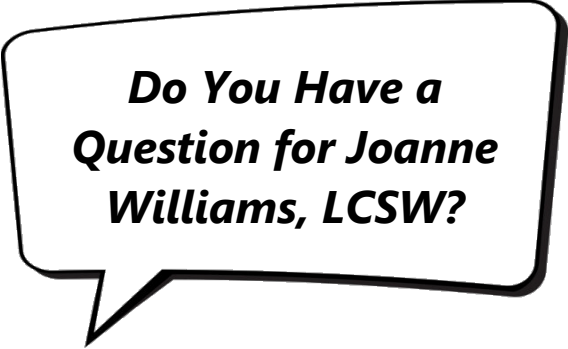
exactly how to fill out this form and more specifics about exactly what you need to know and what to say.

***How many dogs  
can you certify?***

Joanne will certify 2 dogs to be PSDs, if each dog is trained to do a psychological task, since in the ADA regulations that is what is required.

Other legal authorities have concluded that 2 dogs are reasonable to have as PSDs.





***Do You Have a  
Question for Joanne  
Williams, LCSW?***

Like I said in the introduction, even though the differences may be small, every situation is unique. So, if you have a question or concern that's not addressed in this book, I'm here to help. I'm confident that together we can find a solution.

This information is by no means a replacement for psychotherapy or

## WHY GET AN ESA OR PSD?

medical treatment, or legal advice, if needed.

It is intended for educational purpose only. If you ever feel like you might want to hurt yourself, call 1800-273-8255 or call or text 988 for immediate help.

Get the Ball Rolling to Get Certified to Take Your Dog EVERYWHERE with you, legally under the ADA law- within days – Guaranteed. We stand with you through the process and afterwards.

Emotional Support Animal for 'No Pet' Housing at <https://ESAprós.com>

Or call us at **760-485-6784**

All my contact information is on the following page.



ASK JOANNE WILLIAMS, LCSW



JOANNE WILLIAMS, LCSW

**Email**

[esa@esaevaluation.com](mailto:esa@esaevaluation.com)

**Websites**

<https://ESAprós.com>

<https://AnxietySimplified.com>

**Facebook**

<https://www.facebook.com/esaevaluation16>

## WHY GET AN ESA OR PSD?

### Instagram

<https://www.instagram.com/anxietySimplified.net4u>

### Twitter

<https://twitter.com/AnxietySimplify>

### LinkedIn

<https://www.linkedin.com/in/joanne-s-williams-644836114/>

### YouTube

<https://www.youtube.com/channel/UCDpd9iESGPLj5XnlreVIAgA>

### Anxiety Simplified Podcast

<https://podcasts.apple.com/us/podcast/anxiety-simplifiedpodcast/id1520712021>

## ***About Joanne Williams, LCSW***

Joanne S. Williams, LCSW, is a 30-year licensed mental health professional. She has guided her clients through transformations that breaks through obstacles to live a fuller life. Whether clients are engaged in private sessions with her, intimate group programs, or getting certified to have a Psychiatric Service Dog to fly or go everywhere with them, they have welcomed the transformative life changes she partners with them to create.

Joanne is also the cohost and producer of the 'Anxiety Simplified' Podcast where she offers strategies for everyday life situations.

## WHY GET AN ESA OR PSD?

She is an Amazon bestselling author who contributed to the Raising the Bar Book.

## **What Joanne Williams' Clients Are Saying**

**- C. Johnson - CA**

*“It is a pleasure to have this opportunity to recommend Joanne S. Williams to help any of her patients go through the Psychiatric Service Dog Training process. I have been a patient of Joanne’s for several years as she has helped me in so many ways to overcome feelings of anxiety and depression after the tragic loss of my husband almost six years ago.”*

**- A. Anderson - FL**

*“This last year has been so much better for me being able to take Marley everywhere. Not only does he get me*

## WHY GET AN ESA OR PSD?

*through crowds he also makes everyone smile. And people offer to help me more often because of his presence. He goes everywhere with me. Thank you so much my life has become easier because of what you have done for me.”*

### **- J. Pearson - CA**

*“In an AA meeting a man hit his fist on the table and that triggered my PTSD and my dog jumped in my lap and onto my chest and then turned his head and looked at the man and he calmed down. My PSD has changed the*

*quality of my life. Trust your dog's responses to people."*

**- B. Haven – OR**

*"This process was so easy wonderful and informative. At first, I thought the whole process was intimidating, but it was so easy! My son has non-verbal autism. When he is overstimulated, he would hit himself or bang his head on the floor, but when our dog is with us, he "hugs it out" with her instead. Grocery store and therapy trips were torture, but now we can take her ANYWHERE! It's a HUGE relief!*

*Thank you so much! OUR PSD HAS CHANGED OUR LIVES!"*

SEE HOW YOUR DOG CAN TAG ALONG INTO  
RESTAURANTS, STORES, HOTELS,  
EVEN YOUR WORKPLACE!



Joanne Williams,  
LCSW

LICENSED MENTAL HEALTH EXPERT  
REVEALS  
How To Take Your Dog Everywhere  
Legally  
*EVEN IF YOU THINK YOU CAN'T!*

Go to: [ESAprs.com](http://ESAprs.com)