



ESA Empowerment Program Contents

Workshop One – Complete Psychosocial Assessment

- Establishing the “therapeutic relationship” (critical to defend against landlord or attorney skepticism)
- Leveraging your ESA’s unique characteristics for your optimal mental health
- Overview of the ESA Empowerment Program’s benefits
- Getting the most from the program

Workshop Two – Understanding and Strengthening Your ESA Bond

- Understanding the difference between a pet and an ESA
- Defining your ESA’s specific role in your emotional well-being
- Reflecting on how your ESA impacts anxiety, mood, or stress levels
- Investing yourself in the ESA relationship
- Emotional co-regulation with your ESA
- Identifying physical and emotional cues your ESA responds to
- Practicing mindful ESA interaction techniques

Workshop Three – Coping Strategies & Daily Routine Integration

- Identifying stress triggers and how your ESA responds
- Learning grounding exercises incorporating your ESA
- Practicing ESA-assisted breathing and mindfulness techniques
- Creating a structured ESA-based wellness routine
- Developing habits that reinforce emotional stability with ESA interaction
- Adjusting and personalizing ESA-centered daily practices

Workshop Four - Navigating ESA Rights & Handling Housing/Landlord Issues

- The Fair Housing Act protections for ESAs.
- Common landlord objections and how to respond.
- Prepare for documentation updates and ongoing support.
- Effectively asserting your ESA rights.
- Putting it all together!