

How to Teach Your Dog to Be Your Therapist

Last Modified on 06/05/2025 1:26 pm EDT

A paw-guided guide to emotional wellness

Need someone who listens without judgment, offers silent support, and never charges by the hour? Your dog is already halfway there. With a few symbolic touches, your pup can become your honorary emotional support specialist.

Step 1: The couch (dog-sized)

Lay a cozy blanket on the couch and declare it the “emotional office.” Your dog sits there; you lie down and begin: “Hello, Doctor. It’s been one of *those* days...”

Step 2: Floppy-eared active listening

Speak calmly while they tilt their head or yawn compassionately. Every blink = validation. Every lick = deep empathy. They never interrupt or give bad advice. Already better than most therapists.

Step 3: Contact therapy

When you’re down, let them rest against your chest. That warm weight? Pure healing. Head in lap? “Excellent secure attachment technique, Dr. Fluff.”

Step 4: Silent support

Sometimes you don’t need words—just presence. Your dog gets that. They are masters of calm coexistence.

Step 5: Session wrap-up

When you're done venting, offer a treat and say:
“Thank you for another amazing session.”
He’ll smile with his eyes. Healing goes both ways.
