

IN THE CIRCUIT COURT OF THE FIFTEENTH JUDICIAL CIRCUIT
IN AND FOR PALM BEACH COUNTY, FLORIDA

DOUGLAS BERGER
8891 Majorca Bay Drive
Lake Worth, Florida, 33467;

:

CASE NO.: 502017CA010338XXXXMB
Division:Al

:

:

AND

:

JUDGE:

:

MEGURO COUNSELING CENTER
c/o Douglas Berger
8891 Majorca Bay Drive
Lake Worth, Florida, 33467

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FIRST AMENDED COMPLAINT

Plaintiffs,

vs.

JOHN DOE,

Defendant.

Reddit, Inc.,
C/O CSC – Lawyers Incorporating Service
2710 GATEWAY OAKS DR STE 150N
SACRAMENTO CA 95833

Nominal Parties/Relief Defendant.

Plaintiffs, Douglas Berger and Meguro Counseling Center (collectively the “Plaintiffs”),
by and through undersigned counsel, Rick Russell O’Rourke, Esquire of Meyers, Roman,
Friedberg, and Lewis LPA., hereby state as follows in support of their First Amended Complaint
against Defendant, John Doe (“Defendant”):

PARTIES

1. Plaintiff Douglas Berger is an individual, owner of the Plaintiff Meguro
Counseling Center, a mental health consultant, and owns property at the address listed in the
above caption.

{01155813}

2. Plaintiff Meguro Counseling Center provides mental health consultation counseling services to individuals and couples.

3. Defendant John Doe (“Defendant”), is an individual who has posted false and defamatory statements about Plaintiffs on an Internet website called Reddit.com. Defendant’s true identity and location is currently unknown to Plaintiffs. Defendant’s true identity and address will be determined through discovery. When Defendant’s address is discovered, Plaintiffs will amend this Complaint and/or serve Defendant.

4. Reddit, Inc. (“Reddit”) is a California company that owns and operates the website Reddit.com. Reddit.com is a website and acts as a third-party forum or distributor of information where users of the website can post statements about anything, including reviews of mental health professionals and any other kind of health professional. Defendant entered into a contract with Reddit and agreed to Reddit’s terms and conditions of its website in order to post the defamatory Statements on the website. Reddit is in active concert and participation with Defendant and an agent of Defendant. Reddit is a nominal party and/or relief defendant. There are no claims or assertions of liability by Plaintiffs against Reddit in this Complaint.

Venue and Jurisdiction

5. This Court has jurisdiction over the subject matter and parties of this action. As more fully set forth in this Complaint, Defendant posted false and defamatory statements on the website Reddit.com.

6. Upon information and belief, the false and defamatory statements have caused harm to Plaintiffs in Palm Beach County, and throughout Florida, where the false and defamatory statements made by Defendant against Plaintiffs, are published and read throughout this State.

7. Plaintiff Berger has a residence that he owns in Palm Beach County, Florida, at the address identified in the above caption.

Facts Common To All Counts

8. The Defendant published false and defamatory statements on the following website URL addresses about Plaintiffs:

- a. https://www.reddit.com/r/japan/comments/6l5nhx/psa_stay_away_from_psychiatrist_doug_berger/
- b. https://www.reddit.com/r/japan/comments/4cfz65/avoid_dr_douglas_berger_for_therapy/
- c. https://www.reddit.com/r/japanlife/comments/4cg0yn/avoid_dr_douglas_berger_for_therapy_xpost_rjapan/
- d. https://www.reddit.com/r/japanlife/comments/5perbx/counseling_in_tokyo_questions_and_recommendation/
- e. https://www.reddit.com/r/japanlife/comments/4orhbt/good_psychiatrist_in_tokyo/
- f. https://www.reddit.com/r/japanlife/comments/6lccod/xpost_with_rjapan_our_annual_psa_stay_away_from/
- g. https://www.reddit.com/r/Tokyo/comments/2j0hbp/avoid_douglas_berger/

(Collectively the “Publications”).

9. True and accurate copies of the Publications are attached hereto as **Exhibit A**. At the time the complaint was filed, the Publications are currently being displayed publicly on Reddit.com and through Google, Bing, and Yahoo! search engine providers.

10. The Publications include statements that are defamatory *per se* about Plaintiffs. The false and defamatory statements about Plaintiff Berger include but are not limited to the following: that he is a “fucking maniac”; he is a “piece of shit”; “gives patients the creeps”; that “he is not a medical professional”; “he was disinterested in patients”; “incompetent in actually

giving therapy”; that he overprescribes drugs; that he “was always distracted on the computer while with a patient”; that he said sexist comments to a patient; that he told a female patient she will “be basically worthless after [she] lost her looks”; he misdiagnoses patients; harasses patients online; takes advantage of patients; scams patients; that he is a “scam artist with a doctorate”; that he is “incompetent or negligent or both (referring to Plaintiff’s mental health services); that he is unstable; he bilks clients out of their money for services that do not meet even the most basic professional standards; he uses Paypal to avoid paying any taxes; he is “deeply unprofessional, insulting and derogatory”; he is a “cast-iron racist”; that he is a charlatan; that another mental health service provider gets a lot of his angry ex-clients; that he is pushy; that he is manipulative; and that he disrespects clients and makes them feel like it is their fault they are depressed or stressed.

11. Specifically regarding Plaintiff Meguro Counseling Center, the false and defamatory statements include, but are not limited to: that it scams clients out of money; takes advantage of patients; provides incompetent services; is “incompetent in actually giving therapy”; among other false and defamatory things.

12. Collectively, the statements in paragraphs thirteen and fourteen are the false and defamatory statements published by Defendant about Plaintiffs (the “Statements”).

Count I: Defamation – Libel and Libel Per Se

13. Plaintiffs repeat and re-allege each and every allegation stated above as though set forth fully herein.

14. Defendant published the Statements on the Internet on Reddit.com about Plaintiffs stating, among other things, the Statements identified in paragraphs thirteen and fourteen of this Complaint.

15. Defendant published the Statements on Reddit.com without privilege or authorization.

16. The Statements constitute libel per se as they are false, defamatory, impugn Plaintiffs' reputation, accuse Plaintiffs of criminal conduct and injuriously affect Plaintiff's business name and trade.

17. Plaintiffs are informed and believe, and upon that basis, allege that the Statements were written and published with malice in that those publications were made with knowledge of their falsity, or with reckless disregard as to the truth or falsity of the Statements. Plaintiffs are further informed and believe, and upon that basis, assert that such publications were specifically directed and communicated to Plaintiffs' clients, or individuals considering Plaintiffs' services, for the purpose of damaging Plaintiffs' reputation and business.

18. Upon information and belief, the Statements were read by visitors of the Websites, throughout the State of Florida and throughout Palm Beach County.

19. As a direct and proximate result of the Statements, Plaintiffs have suffered significant reputational harm and sustained actual damages including, but not limited to, loss of capital and revenue, lost productivity, loss of countless employment opportunities, expenses

incurred, and loss of intangible assets in an amount exceeding Fifteen Thousand Dollars (\$15,000.00), with the exact amount to be proven at trial.

20. Plaintiffs request a permanent injunction halting the continued dissemination of the false statements described herein by Defendant, and further ordering Defendant to remove the Statements and Publications from the internet and requests Google, Bing, Yahoo! and other search engine providers to remove the Publications listed from their respective search results. Plaintiff further requests that Reddit remove the Statements and Publications listed from Reddit.com. Plaintiff further requests that Defendant is enjoined from further activity that would defame and otherwise continue to inflict harm to Plaintiffs. Without a permanent injunction judgment of this Court, Defendant's false statements will continue to cause great and irreparable injury to Plaintiffs and Defendant will be able to continue his/her tortious campaign against Plaintiffs.

Count II: Deceptive Trade Practice

21. Plaintiffs repeat and re-allege each and every allegation stated above as though set forth fully herein.

22. Defendant has disparaged the goods and services of Plaintiffs and their business, by posting false representations of fact concerning Plaintiffs as specified in this Complaint in the preceding paragraphs.

23. Upon information and belief, Defendant posted false representations of fact concerning Plaintiffs to assist other mental health services that compete with Plaintiffs.

24. Pursuant to Fla. Stat. § 501.204, Defendant has committed a deceptive trade practice.

25. As a direct and proximate results of the Statements, Plaintiffs have suffered significant reputational harm and sustained actual damages including, but not limited to, mental anguish, loss of capital and revenue, lost productivity, expenses incurred, and loss of intangible assets in an amount exceeding Fifteen Thousand Dollars (\$15,000.00), with the exact amount to be proven at trial.

WHEREFORE, Plaintiffs demands judgment against Defendant as follows:

(a) actual and/or compensatory damages, and punitive damages where available, in an amount exceeding \$15,000.00 with the exact amount to be proven at trial and issuance by this Court decreeing that the Statements about Plaintiffs are false and defamatory;

(b) Injunctive relief that Defendant and his or her associates are:

i. prohibited from creating or publishing statements about Plaintiffs, its employees, Plaintiffs' business partners, agents, servants, attorneys, representatives, products, goods, or services which defame, disparage, or contain libelous statements about Plaintiffs; and

ii. ordered to take all actions necessary to remove any of the Statements and Publications from the Internet, including but not limited to, requesting removal of the Statements and Publications from the websites where they are posted and from Internet search engines, including Google, Bing, and Yahoo! and the websites where the Statements and Publications are published.

(c) Pre- and post-litigation Interest at the maximum rate provided by law;

(d) Reasonable attorney's fees;

(e) Costs of this action; and

(f) For any and all other relief this Court determines Plaintiffs are entitled.

Respectfully submitted,

MEYERS, ROMAN, FRIEDBERG &
LEWIS, LPA

/s/ Rick Russell O'Rourke

Rick Russell O'Rourke (0564257)

Meyers, Roman, Friedberg & Lewis, LPA

Eton Tower

28601 Chagrin Blvd., Suite 500

Cleveland, Ohio 44122

Phone: (216) 831-0042

Fax: (216) 831-0542

Email: Rorourke@meyersroman.com

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EXHIBIT A

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JAPAN

comments

other discussions (2)

Want to join? Log in or sign up in seconds. | English

search

this post was submitted on 04 Jul 2017

2,646 points (96% upvoted)

shortlink: <https://redd.it/615nhx>

username

password

remember me reset password

login

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Submit a new text post

japan

[subscribe](#) 93,581 readers

250 users here now

日本語を使いたい方は /r/newsokur などのサブレに投稿頂けるようお願い申し上げます。当サブレは基本的に英語のみ。

Use /r/japantravel for questions/posts related to your vacation or short-term stay, including travelblogs etc.

The list of Related Subreddits has been moved to the Wiki

Before posting, search first to see if your question has been asked before or check one of the following subreddits:

Photo submissions: /r/japanpics

**Questions for travel to and within Japan:
/r/japantravel**

**Questions about teaching English:
/r/teachinginjapan or /r/jetprogramme/**

**Questions about moving to Japan or life in
Japan: /r/movingtojapan or /r/japanlife**

**Questions related to the Japanese
language: /r/learnjapanese (translation
requests belong in /r/translator)**

Having stuff shipped from Japan: Tenso

**Related Subreddits: the list has been moved
to the Wiki because it's really long**

Link Submission Rules

- **Reposts & multiple threads on the same topic, especially current events, will be deleted.**
- **Low-effort posts will be deleted.** Repeat offenders will be banned. If you have a simple question, your first stop should be Google, not here.
- In general, threads which should be posted in a more relevant subreddit (see list above) will be removed. This especially applies to travel photos/questions and language/translation questions.
- Posts with no relation to Japan, posts not written in English, posts with vague/clickbait titles, spam (including affiliate links), and posts intended for personal gain (including crowdfunding links) will also be removed.
- Whenever possible, a moderator or AutoMod will leave a comment in a deleted thread explaining why it has been removed. If you believe your post has been removed in error, contact the moderators.
- Vlogs/travel videos/low-quality viral vids are not allowed. Try /r/jvlog, /r/moronarmy, /r/japantravel, or /r/videos.
- Requests for candy, etc from Japan should go to /r/snackexchange
- No memes or porn allowed (try /r/WTFJapan instead)

The following rules apply to both links and comment submissions

- No fear-/hate-mongering, harassment, shitposting, or soliciting/encouraging illegal activity. Repeat offenders may be banned.
- Do not post personal information, whether it belongs to you or someone else.
- Reddit automatically removes comments with URL shorteners (bit.ly etc), it's not us.

MODERATORS [message the moderators](#)

faeriefire

[[東京都] paburon

[[東京都] dokool

japanbot

[about moderation team »](#)

< > discussions in r/japan X

210 · 36 comments

Woman, held for 19 days, mistakenly
arrested. Police "apologized" to her

[Reminder: Check the sidebar/FAQ to find the appropriate subreddit for your thread.]

PSA: Stay away from "psychiatrist" Doug Berger (self,japan)

264! submitted 2 months ago by ShiningRedDwarf

My partner recently stumbled upon him but had to quickly warn her to stay the hell away from this man. As he is still the first result that appears in Google when searching for "japan psychiatrist", I feel the need to tell everyone who reads this to stay away from this fucking maniac.

My partner called him *once*, and afterwards he called her over 8 times and sent countless emails telling her to contact him. It was downright harrassment.

For further reading:

https://www.reddit.com/r/japan/comments/4cfz65/avoid_dr_douglas_berger_for_therapy/

And I know he regularly checks Reddit for posts liket this, and I'm sure he'll be reading this one. So this is directed towards him: Fuck you. You're a piece of shit.

168 comments [share](#) [report](#)

all 168 comments

sorted by: **best**

[-] [[東京都] dokool [M] [score hidden] 2 months ago* - stickied comment

Just a heads up that Berger has previously hired agencies to scrub Reddit threads from search engines and it has been and will remain the policy of /r/Japan's mods (and those of the other subs as well, I believe) to tell them all to pound sand.

In fact we'll leave this stickied overnight so it gets upvoted long and hard.

Late edit (sorry I was really exhausted last night): If you need help, try Tokyo Counseling or TELL.

[permalink](#) [embed](#) [report](#)

[load more comments](#) (10 replies)

[–] **Umbo** 381 points 2 months ago

I can't give enough love to any Doug Berger hate thread. I used his services once several years ago and he gave me the creeps big time. Nonstop emails saying he needed to talk to me and then trying to charge me for his "urgent" inquiries about how I'm doing. Fuck him. About 6 months ago he emailed me telling him I still owed him money from several years ago and I just blocked his ass. He gives psychotherapy a really bad name and turned me off of the entire field for a good long time.

[permalink](#) [embed](#) [report](#)

[load more comments](#) (6 replies)

[–] **smunchyblue** 225 points 2 months ago*

Search r/japanlife for his name sometime. He comes up on occasion.

He googles himself on the reg and, at one point, recognized me from my comment on a deleted post and assumed that I wrote the post as well and was leading some sort of slander campaign to discredit him. Because my username and the other username both feature the word "blue." Real Sherlock Holmes stuff there. Berger then went on to send me multiple emails accusing me of cyberbullying and stalking and threatening legal action until I explained a) how Reddit actually works and b) that I don't have the time or patience to start a smear campaign against someone like him. Especially since he seems to be dead set on ruining his own name through providing subpar care anyway. He tried to shut me up and now I make a point of going over how disappointed I was with his service whenever it comes up.

Also, funny how me commenting on a public forum about someone's services constitutes cyberstalking/bullying, but sending repeated unwanted emails to someone who repeatedly tells you to stop is apparently neither of these things.

In short, when I went to him he made me feel horrible for 45 minutes - highlights include comments about my weight, and the use of "I understand" as a substitute for "shut up so I can talk." He also tried to get me to go on drugs not halfway through the appointment. Drugs he can't legally prescribe, incidentally. He gives you a note to take to another doctor who can give you a scrip.

After being bullied into another appointment ("when will I see you next?" "Well I'll have to check..." "*when will I see you next?*") I decided I didn't want to see him again and canceled via email. Cue an email from him saying he would refer me to a friend of his. I said no thank you. He then called me and said I was clearly in denial about having depression - despite having gone to him because of depression. I eventually hung up on him and told him via a second email to leave me alone because I found him unpleasant and condescending. He emailed me *again* to say that he isn't condescending, but just telling it like it is. This prompted the final email from me telling him to leave me the hell alone.

I've had a few friends and colleagues who have also gone to Berger and none of them have positive stories to tell. Learning someone else has had a negative run-in with the guy seems almost mundane at this point.

There are better (and more reasonably priced) doctors and counsellors out there who actually listen and help. Go to them instead.

[permalink](#) [embed](#) [report](#)[load more comments](#) (6 replies)**MORE COMMENTS****More from r/japan**

HIDE

- 208** Chinese universities climb world rankings as University of Tokyo slips to lowest position ever (japantimes.co.jp)
submitted 5 days ago by spartan2600
[77 comments](#) [share](#) [report](#)
- 208** History of Tokyo Bay Infill (i.imgur.com)
submitted 1 day ago by ecb29
[26 comments](#) [share](#) [report](#)
- 210** Woman, held for 19 days, mistakenly arrested. Police "apologized" to her (yomiuri.co.jp)
submitted 18 hours ago by [埼玉県] Loserbait
[36 comments](#) [share](#) [report](#)
- 189** Spotted this beauty in Akihabara last year (imgur.com)
submitted 3 days ago by Firerhea
[17 comments](#) [share](#) [report](#)
- 173** Japan Is No Place for Single Mothers (Life in Japan) (theatlantic.com)
submitted 4 days ago by Smasborgen
[131 comments](#) [share](#) [report](#)
- 158** What is this strange hook object? I found it in the side drawer of the hotel room - about 30cm in length, the handle and the tip is plastic, the body is metal. No label of description of what it is, my curiosity is killing me. (i.redd.it)
submitted 2 days ago by zizi_kamiryo
[32 comments](#) [share](#) [report](#)
- 130** Turkish man wins solo battle in fight against discrimination (asahi.com)
submitted 6 days ago by helpfuljap
[183 comments](#) [share](#) [report](#)
- 90** Japan: 32-year old man dies moments after proposing to girlfriend on Irabu Bridge (ibtimes.sg)
submitted 5 days ago by Smasborgen
[55 comments](#) [share](#) [report](#)
- 94** Japan most pessimistic about future among 4 Asian democracies: poll (japantoday.com)
submitted 5 days ago by vriska1
[32 comments](#) [share](#) [report](#)
- 83** Japan please.... Beat Saudi Arabia - all of Australia (self.japan)
submitted 6 days ago by keane01
[27 comments](#) [share](#) [report](#)

Comments, continued...[-] [respectwalk](#) 229 points 2 months ago

Go to a real place instead.

[permalink](#) [embed](#) [report](#)[-] [茨城県] [johnmasterof](#) 21 points 2 months ago

Going to upvote you because of quality source.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] [coffeetime825](#) 23 points 2 months ago

Ummm...I'm pretty sure I was referred to Doug Berger after sending off an email to these guys. Granted, it was a while ago and I didn't have a terrible experience with Berger, but I feel like I've seen this site many times before.

[permalink](#) [embed](#) [parent report](#)

[-] [CraneRiver](#) 37 points 2 months ago

Could it have been megurocounseling.com? That's one of his I believe.

[permalink](#) [embed](#) [parent report](#)

[-] [bailsafe](#) 20 points 2 months ago

I believe you're correct. Megurocounseling.com lists Dr. Berger as the only therapist (with one creepy-ass drawing). Tokyocounseling.com doesn't list him at all.

[permalink](#) [embed](#) [parent report](#)

[-] [coffeetime825](#) 11 points 2 months ago

I think you guys are right. Again, I did a lot of surfing and contemplation before emailing. I might have just gone with the cheaper option at that time (¥8000 instead of ¥10000+ listed on tokyocounseling). I emailed Eames who referred me to Berger.

[permalink](#) [embed](#) [parent report](#)

[-] [smunchyblue](#) 9 points 2 months ago

Eames is a friend of Berger, IIRC.

[permalink](#) [embed](#) [parent report](#)

[-] [Sendofftomars](#) 2 points 1 month ago*

I'm pretty sure Eames is now dissociated from Doug the Bug's practice. I think he's a cycling coach in Tokyo. Maybe he wised up to the folly of hooking up with such a menace. My take on Berger is that Doug the Bug is the son of a successful businessman, probably went into med school cuz of some pressure from Pops, really wanted to be a singer-songwriter-guitar player for a band, enjoyed an occasional smoke while looking out on Manhattan, had some Napoleon issues so thought if he could come to Japan to find a GF he'd get some action here, blah blah blah. And now he dupes and dopes ex-pats to finance his 2LDK while providing Skype care in his robe and slippers. I think he would be much happier in a dark lab not associating with humans. Oh, and the references on his website are not real references. They might be real people who know Doug the Bug, but they don't say anything in support of his work. I called up the O'Dowd woman - maybe she's partially retired now - she wouldn't say boo.

Needless to say but I'll say it anyway, I also had a horrible experience. Click-clack went the keys on the computer while I sat in silence, not knowing what to say, and no lead questions from Psych. Never remembered important information, like my name, from one week to the next. What a waste of time, money, tears, and effort. As far as the east is from the west, stay away from this toxic mess.

[permalink](#) [embed](#) [parent report](#)

[-] [yamashina_desu](#) 2 points 2 months ago

Are you sure? Looks like a separate organisation completely? I could be wrong :)

[permalink](#) [embed](#) [parent report](#)

[-] **smunchyblue** 9 points 2 months ago

Seconding. The difference is like night and day.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **NGtda** 2 points 2 months ago

Yes they are a great place.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **Duerkos** 93 points 2 months ago

Upvoting this so it gets higher on Google results

[permalink](#) [embed](#) [report](#)

[-] **Hailsp** 16 points 2 months ago

I have not, and will not ever need a therapist in Japan but this came up on my feed - also upvoting! Screw this guy

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **goldenw** 87 points 2 months ago

When I went to my doctor here asking for psych recommendations, he specifically warned against Berger. I go to big expat Clinic with in house psychiatric care so he must really be a POS for my Dr to mention him without prompting.

[permalink](#) [embed](#) [report](#)

[-] **bulldogdiver** 6 points 2 months ago

IIRC the local US Embassy and Military Bases either no longer recommend him or outright warn against him.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **Ichikarayarinaosu** 4 points 2 months ago

Could you send me the link for the clinic please? I'm interested in seeking mental health work in Japan.

Thanks a million.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **ShawninOP** 140 points 2 months ago

He's been discussed here **LOTS** of times.

But apparently there's a good restaurant there close to him.

[permalink](#) [embed](#) [report](#)

[-] **ShiningRedDwarf** [S] 63 points 2 months ago

Please tell me they're hamburgers.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **ShawninOP** 54 points 2 months ago

Funny story about hamburgers.... years and years (and years.... years) ago when I first had to come to Japan for some training.

I had been here for about 2 weeks, and I was soooooo tired of Japanese food. Went to a restaurant because the sign said HAMBURGER on it...

And that's when I learned exactly what a "hamburg" was. I never thought I would love McDonalds so much when I got back to the States.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **BradleyDS2** 21 points 2 months ago

As someone who is uneducated on anything Japanese, what was it?

permalink embed parent report

[–] **Yotsubato** 74 points 2 months ago

It's Salisbury steak. With a sweet sauce on it

permalink embed parent report

[–] **Krynnyth** 25 points 2 months ago

Kinda like meatloaf, but in an oval shape, maybe filled with something, and with various sauces. Uses a moderate-to-gratuitous amount of fillers.

permalink embed parent report

[–] **tokyohoon** 13 points 2 months ago

Uses a moderate-to-gratuitous obscene amount of fillers.

FTFY

permalink embed parent report

[–] **TheMcDucky** 9 points 2 months ago

https://en.wikipedia.org/wiki/Hamburg_steak

permalink embed parent report

[–] **WikiTextBot** 8 points 2 months ago

Hamburg steak

Hamburg steak is beefsteak that is shaped into a patty to be cooked after being chopped. It is closely similar to the Salisbury steak. Made popular worldwide by migrating Germans, it became a mainstream dish in around the start of the nineteenth century.

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permalink embed parent report

[–] **ruffas** 5 points 2 months ago

Google ハンバーグ.

permalink embed parent report

[–] **tiniestdog** 2 points 2 months ago

Like Salisbury steak, but served with all sorts of different sauces. We ate hamburg every Friday night for our first couple of months in Tokyo. It was our weekly meat infusion until our bodies and minds could adjust to eating less beef (pretty sure it's beef-pork blend, so we were probably fooling ourselves). Husband still buys it occasionally when he has been lifting heavy and craves piles of meat, but our palates have changed, and I'm getting washoku lessons, so hamburg is not so tempting anymore. I am getting hungry though, remembering the menu at this place.

permalink embed parent report

[–] **BradleyDS2** 1 point 2 months ago

Thanks for all the info.

I'm planning a trip to Japan later this year, which includes visiting Shibuya again, any specific meals at that place that I should try? (sorry, but I'm not sure if Hamburg would have different listings on the menu)

permalink embed parent report

[–] **ShawninOP** 3 points 2 months ago

I was expecting something like this....

What I got was something like this...

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [stunt_penguin](#) 15 points 2 months ago

Mos Burger, and order two.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [coffeetime825](#) 22 points 2 months ago

Freshness Burger > Mos Burger

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [stunt_penguin](#) 7 points 2 months ago

Fight me now! ;p

[permalink](#) [embed](#) [parent](#) [report](#)

[+] [\[deleted\]](#) 2 months ago* (5 children)

[–] [Javbw](#) 2 points 2 months ago

If you are missing a US burger, there is a Carl's Jr in Akihabara. It is a lot better than McDonalds - but much more expensive. But after not having any real burger in 4 years (islands/In-N-Out/ 5guys, etc) - the western they served there was amazing!

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [\[\[東京都\] Legal_Rampage](#) 1 point 2 months ago

| Carl's Jr

Also one recently opened in Jyugaoka.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [Frungy](#) 2 points 2 months ago

Got that back to front buddy!

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [\[\[広島県\] chinotenshi](#) 2 points 2 months ago

| Freshness Burger

If only there was one in Hiroshima. :(Miss the one at Centrair that my husband and I would eat at every time we flew out of Nagoya to visit family.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [\[\[兵庫県\] Ryuubu](#) 1 point 2 months ago

Pricy though

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [ShawninOP](#) 13 points 2 months ago

No thanks, I don't like pasta sauce on my hamburger. (and this was like a few decades ago... fuck you all, I feel old now)

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [Kingofcryo](#) 2 points 2 months ago

Haha. Mos Burger was.....interesting. I got 2 burgers since they were small. The first burger was not great. The second burger confirmed my analysis. At that time I chalked it up to a cultural difference in what a hamburger was supposed to be. On

the flip side. I ate a burger at "Moose Hills Burger" while visiting Mt. Fuji. It was AMAZING! Commence downvotes for dogging Mos Burger.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **Atraidis** 6 points 2 months ago

Wait.. Why didn't you just get McDonald's? Not in Japan at that time?

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **[deleted]** 4 points 2 months ago

McDonalds opened in Japan in 1971, it would be pretty impressive if he was here that long.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **ShawninOP** 3 points 2 months ago

McDonalds being on every street corner is something very new. Even back in the early 2000's it was more like Burger King is today. They are around, but fairly few and far in between.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **Sufjammin** 4 points 2 months ago

Yup. A friend and I craving hamburgers one time went to the Big Boy in the town we studied abroad in. You know Big Boy, the place famous for their hamburgers. We sit down and look at the menu, and not a single hamburger in sight. So we decided to order some hamburg, with fries on the side. The hamburg was fine I guess. The fries? We got 3 fries each.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **ShawninOP** 1 point 2 months ago

I got a Big Boy near me... I have dreams of going through the drive through and getting a greasy sack filled with fries and a big hamburger quite often.

But they also have decent steaks, and always order a side of fries if you want more than 3~5.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **WarMaiden666** 1 point 2 months ago

Jami jami burger is my favorite place to grab a burger around my area. I was so happy to have a GOOD burger by my fat American standards I ate there three times that week.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **ShawninOP** 2 points 2 months ago

I have a mom & pop hamburger joint not too far from me. Only problem is going there with the wife and little one, hard to walk away spending less than 5,000 yen.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **bulldogdiver** 1 point 2 months ago

Oh man, every year we have a big conference in that seashell shaped hotel in Yokohama right next to the amusement park. Across the bridge from that hotel there used to be a Wendy's in the food court. I always loved going to that conference so I could get a goddamned Wendy's burger... Then they closed it (although I've heard they've come back). I was teh sad...

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **spacejunkteater** 3 points 2 months ago

| that seashell shaped hotel in Yokohama right next to the amusement park.

I don't mean to disparage your (self-confessed monochromatic) eyesight, but how did you get seashell from that? It's clearly a potato wedge!

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [bulldogdiver](#) 1 point 2 months ago

Yeah but I can see unusually clearly in the dark so it's sort of a trade off. My wife still, after 20 years, gets freaked out that when I get up at night I never bother turning the lights on...

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [\[神奈川県\]](#) [anothergaijin](#) 2 points 2 months ago

There is Wendys everywhere now - they are slowly converting First Kitchens into combination stores.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [ShawninOP](#) 1 point 2 months ago

Happen to grab something to eat at the osaka kaiyukan today (easy parking and it was raining).

They are putting in a Wendy's there. Going to open mid July.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [yzqx](#) 1 point 2 months ago

Indeed you are right, there's a new Wendy's just a few minutes away from the West exit of Yokohama station (near VIVRE).

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [saltyPunks](#) 1 point 2 months ago

Isn't a Hamburg meal more satisfying than plain McDonald's burger though?

I mean it's more meat, it's juicier, it's just served with rice instead of buns.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [\[大阪府\]](#) [JustVan](#) 12 points 2 months ago

Satisfying, maybe, but when you want "hamburger" taste it doesn't cut it.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [Goldreaver](#) 1 point 2 months ago

How is McDonalds in japan regarding Hamburgers, by the way?

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [\[大阪府\]](#) [JustVan](#) 6 points 2 months ago

I'm not a big fast food eater, but the bürgers here are generally good. They tend to actually look like the photos on the menu which blows my mind. Still taste like McDonald's though, for better or worse... lol They also tend to get way more "specials" or seasonal items, which is fun. (Though when I've tried them I'm usually not that impressed. Not bad, but not amazing.)

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [Goldreaver](#) 1 point 2 months ago

I understand. So if you want McDonald's, you're good. But if you want a real hamburger... shit out of luck.

I really want to try their Japanese Christmas special someday though.

[permalink](#) [embed](#) [parent](#) [report](#)

PSA: Stay away from "psychiatrist" Doug Berger 日本

[–] [東京都] dokool 5 points 2 months ago

Tokyo's gourmet burger scene is absolutely on point - there are dozens of great restaurants out there, and if you just want something a bit better than McD's or whatnot there's always Shake Shack.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] ITS_A_GUNDAAM 2 points 2 months ago

My favorite spot for hard burgin' coincidentally happened to be Caroline Kennedy's preferred spot:

<https://tabelog.com/tokyo/A1316/A131603/13001556/>

Hnngghhh. Haven't burged hard in a while.

[permalink](#) [embed](#) [parent](#) [report](#)

[continue this thread](#)

[–] [大阪府] JustVan 4 points 2 months ago

You absolutely *can* get decent burgers here, you just have to look for them, and be prepared to generally pay about \$15 for it at a hamburger restaurant. (Just be careful it's not a *hamburg* restaurant.)

[permalink](#) [embed](#) [parent](#) [report](#)

[–] theforerunner343 1 point 2 months ago

Surprisingly very similar. The beef has a slightly different taste, but everything else tastes the same. Fries are spot on.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] saltyPunks -3 points 2 months ago

Wouldn't it be more like you're just in the wrong restaurant?

[permalink](#) [embed](#) [parent](#) [report](#)

[–] ShawninOP 8 points 2 months ago

It's not more meat, it's a normal hamburger patty packed with vegetables that makes it look bigger.

Usually it's served with some steamed vegetables on a hot plate, not rice.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] saltyPunks -2 points 2 months ago

oh, I thought you lived in Japan. I guess not.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] saltyPunks 4 points 2 months ago

<http://i.imgur.com/UKoAvds.jpg>

[permalink](#) [embed](#) [parent](#) [report](#)

[–] coscorrodrift 3 points 2 months ago

Imfao that's pretty funny idk why

[permalink](#) [embed](#) [parent](#) [report](#)

[–] DeepDuh 3 points 2 months ago

.. or even better, served with aluminium baked potatoes. The Tsubame chain does it like that, can recommend.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **CraneRiver** 1 point 2 months ago

Hamburg is generally mixed beef and pork, isn't it? I much prefer all beef burgers.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **[東京都] tokyohoon** 114 points 2 months ago

Cue Dougie's sockpuppet accounts in 3... 2...

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **smunchyblue** 84 points 2 months ago*

I especially liked his "I vote we all delete this slanderous business, my fellow Redditeers!"-esque comment the first time he came up on jlife.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **[東京都] tokyohoon** 51 points 2 months ago

:D

You know the guy knows he's shit when he has google alerts out for any mention of his name.

Did you get that DOUGLAS BERGER?

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **smunchyblue** 14 points 2 months ago

See also the half page of scary-sounding but probably not enforceable legalese at the end of every email.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **mtstaffa** 1 point 25 days ago

Can anyone post a photo of him (from a Skype chat with him) so we can learn what he looks like? Rather than his lame drawing photo on his pages?!

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **andytronic** 11 points 2 months ago*

Oh god someone please link to that!!!

Edit: this might be it.

https://www.reddit.com/r/Tokyo/comments/2j0hbp/avoid_douglas_berger/cl9n4e2

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **TCsnowdream** 99 points 2 months ago

Is there a way we can get his license revoked? I have two friends who nearly fell into his claws.

At a minimum, I'm sure that we must be able to googlebomb the search results or something?

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **MyLifeInPictures** 78 points 2 months ago

He is not licensed to practice medicine in Japan. And, his accreditation for the US expired several years ago.

The two laws he has been operating afoul of are:

1. 有効性及び安全性の確保等に関する法律
2. 麻薬及び向精神薬取締法

This might be the most appropriate agency to "consult":

Kanto-Shin'etsu Regional Bureau of Health and Welfare

Compliance and Narcotics Division, Pharmaceutical Safety and Environmental Health Bureau, Ministry of Health, Labour and Welfare

2-2 Kasumigaseki 1-chome, Chiyoda-ku, Tokyo 100-8916

TEL 03-3595-2436

FAX 03-3501-0034

[permalink](#) [embed](#) [parent report](#)

[-] [aimemoimoin](#) 24 points 2 months ago*

To everyone reading this and has had contact with him. PLEASE REPORT HIM. I went to megurocounseling.com and it states that he works with children. This man sounds seriously unstable and should not be servicing children.

[permalink](#) [embed](#) [parent report](#)

[-] [bulldogdiver](#) 6 points 2 months ago

| This man sounds seriously unstable and should not be servicing children.

Is he really Jared from Subway? You can tell us, we're relatively safe.

[permalink](#) [embed](#) [parent report](#)

[-] [theforerunner343](#) 13 points 2 months ago

This needs to go to the top.

[permalink](#) [embed](#) [parent report](#)

[-] [\[東京都\]](#) [tokyohoon](#) 94 points 2 months ago

| Is there a way we can get his license revoked?

No, because he doesn't have a license here. He gets meds dispensed through a crony Japanese doctor.

[permalink](#) [embed](#) [parent report](#)

[-] [Lakaturbo](#) 29 points 2 months ago

any way to find the crony doc? how does this dude have a visa?

[permalink](#) [embed](#) [parent report](#)

[-] [\[東京都\]](#) [tokyohoon](#) 44 points 2 months ago

A few of the jlife posters are his ex patients, but it doesn't matter, the two of them are technically operating within the law.... barely.

AFAIK he's on a permanent residency.

[permalink](#) [embed](#) [parent report](#)

[-] [Lakaturbo](#) 7 points 2 months ago

ah i see.

[permalink](#) [embed](#) [parent report](#)

[-] [MyLifeInPictures](#) 2 points 2 months ago

| any way to find the crony doc?

Yes.

PM'd ya.

[permalink](#) [embed](#) [parent report](#)

[-] [TCsnowdream](#) 13 points 2 months ago

Jesus Kentucky Fried Christ...

[permalink](#) [embed](#) [parent report](#)

[-] [fuelter](#) 6 points 2 months ago

Is that even legal? Offering medical advice / service without license?

[permalink](#) [embed](#) [parent report](#)

[-] [\[東京都\]](#) **tokyohoon** 6 points 2 months ago

Of course not. He gets away with it by claiming it's just counseling.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **W-M-D** 12 points 2 months ago

He is still board certified by a IS professional organization. Complain to them.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] [\[アメリカ\]](#) **iHeartKiritampo** 47 points 2 months ago

He actually tried to get in contact with the listening service I helped with to be like "hey, you should rec me to your callers" and when I found out I shut that down REAL quick.

[permalink](#) [embed](#) [report](#)

[-] **throoooooawa** 39 points 2 months ago*

Wow, seeing this thread brings back some creepy memories. I contacted this lunatic a couple years ago by email and asked him to email me back. The next evening, my phone starts blowing up. I have anxiety, so I never answer my phone if it's an unknown number. I figured it might be him, but he would just email me back if he couldn't get through. He seriously called more than 10 times. Then, a few days later, he CALLED MY PARTNER. He searched me through Facebook, found my partner's information, and called her instead because I wasn't answering my phone. I couldn't believe it. By this time, I was fully decided that I would never ever work with this creep, but I wanted him to stop harassing me, so I sucked it up and called him back. First, he berated me for not answering my phone for several minutes and then kept trying to justify why he stalked me through Facebook and contacted my partner, saying that he has a "responsibility" to his patients to ensure their well-being. Well, fuckhead, what if the reason I was contacting you was because of abuse from my partner? Seriously, isn't that a breach of ethics?!?! Fuck this guy. It deeply saddens me to know that this is his "normal" behaviour, but I'm glad to see him being called out for his shittiness.

[permalink](#) [embed](#) [report](#)

[-] **mobdonalds** 36 points 2 months ago

Berger's disgusting. I talked to him a few years ago via Skype for depression. After a few voice-only sessions we did a video chat. The first thing he said was "Oh, you're actually a pretty girl! Well you could definitely find a boyfriend. Why so sad?". Basically everything he says is unprofessional. He also told me he was gonna find me a medicine that wouldn't cause me to gain weight because I "still had my looks going for me", as though that was my only strength. Super sexist.

[permalink](#) [embed](#) [report](#)

[-] **butthenigotbetter** 8 points 2 months ago

Just what you need when you're depressed.

"People only like you for your looks." ...

That's worse than unprofessional. That's straight up abusive.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **bulldogdiver** 5 points 2 months ago

Well, to be fair, she's still got her looks going for her. She's a very pretty girl and should find herself a boyfriend. Why so sad?

/s put down those pitchforks and torches, it's a poorly made joke

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **[deleted]** 5 points 2 months ago

Everyone knows that the cure for depression in women is having a man in their life! Fact: only single women are depressed.

Seriously though, that man is disgusting and unqualified

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **sady92** 73 points 2 months ago

Fuck, seems i doged a bullet right there!! :D seriously i called him last month, and he seemed a bit off. So i was like, fuck it, i'ma handle it on my own.

[permalink](#) [embed](#) [report](#)

[–] **[アメリカ]** **ChefBoyAreWeFucked** 8 points 2 months ago

<http://i.imgur.com/hsVuouau.png>

[permalink](#) [embed](#) [parent](#) [report](#)

[–] **24hoursopen** 36 points 2 months ago

I saw this guy one time, like eight years ago. He was a dick.

I had no idea he was universally reviled.

[permalink](#) [embed](#) [report](#)

[–] **TCsnowdream** 25 points 2 months ago

Can someone update the 'foreigner hierarchy' flow chart and include Berger as the guy we can all unite around in our hatred of?

[permalink](#) [embed](#) [report](#)

[–] **HSPremier** 18 points 2 months ago

Man.. this is gold.. and I don't even live in Japan lol

[permalink](#) [embed](#) [report](#)

[–] **Book_it_again** 32 points 2 months ago

His attempt at redditing

[permalink](#) [embed](#) [report](#)

[–] **troutfishinginhope** 12 points 2 months ago*

The stories here sound very much like the experience I had with "Dr." B. His bizarre, OCDish instructions about not going to cafes where smoking is permitted before one's appointment, etc., should have tipped me off as to what a nut he is.

I found his manner dismissive, impersonal and remarkably non-empathetic. It also didn't help that at the beginning of every session he made a point of asking to be paid upfront, in an embarrassingly greedy, insistent manner.

He was much more interested in offering me a readymade, off-the-shelf "diagnosis" (which of course necessitated treatment through medication) than learning anything about my specific situation.

We did have some good conversations about the meaning of life and the state of the world in general, but I can have those at a bar more cheaply.

More than once I felt like turning the tables on him and asking him what was up with him, since he was obviously troubled or fucked up in some way. But I thought that since I was paying for the session, he should be the one offering me insights and analysis, not the other way round.

My guess is that he has been traumatized in some way, probably because he faces legal/regulatory obstacles in practicing as a psychiatrist in Japan. I sense a great frustration on his part.

That does not, however, excuse him from doing what he does.

[permalink](#) [embed](#) [report](#)

[-] **Woodall10** 5 points 2 months ago

I overlooked the no-smoking rule while glancing over his pages-long list of reasons why you'd be responsible for paying him if you can't make an appointment. I had a smoke on the way to his office and he made sure to complain about my smell when I met him.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **Sendofftomars** 2 points 1 month ago

I remember going to his bedroom - I mean office - and he kept telling me that I had so much luggage. (I had a very full satchel because I was going straight to work.) He must have said "Don't you have too much stuff with you?" about a half dozen times.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **ModsHaveAGodComplex** 58 points 2 months ago

Here from r/all. Never been to Japan and never heard of this dickweed Doug Berger but I'll upvote this shit all day. Fuck that guy.

[permalink](#) [embed](#) [report](#)

[-] **internethistory4sale** 9 points 2 months ago

when the shrink needs a shrink

[permalink](#) [embed](#) [report](#)

[-] **bulldogdiver** 6 points 2 months ago

Silly story, but, almost all shrinks see a shrink. It's an actual specialty in the profession - helping other shrinks. Apparently something about dealing with other people's problems all day giving you problems in addition to the motivation of most shrinks for going into the field being they have problems they'd like to understand better.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **SoKratez** 7 points 2 months ago

How is it this guy is still in business?

[permalink](#) [embed](#) [report](#)

[-] **bulldogdiver** 3 points 2 months ago

Looking at his clinic hours I'd say it's a sideline for his real job which is probably as a late 50's/early 60's dancing monkey.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **souljabri557** 4 points 2 months ago

/r/ShiningRedDwarf - "DOCTORS" HATE HIM!!!

[permalink](#) [embed](#) [report](#)

[-] **TotesMessenger** 8 points 2 months ago

I'm a bot, *bleep, bloop*. Someone has linked to this thread from another place on reddit:

- [/r/japanlife] XPOST with /r/Japan - our annual PSA: Stay away from "psychiatrist" Doug Berger

If you follow any of the above links, please respect the rules of reddit and don't vote in the other threads. (Info / Contact)

[permalink](#) [embed](#) [report](#)

[-] **UnmentionableS** 5 points 2 months ago

Okay, this is coming at a point where I am really wanting to see someone. I have heard the shit about this guy so I wasn't ever going to touch his office with a mile long pole.

But for someone not living in one of the 3 largest cities in Japan, Does anyone have advice on how to see out help?

I need it and I don't know what to do anymore...

permalink embed report

[–] **Wanderous** 5 points 2 months ago

Where do you live? What do you need? A therapist talk to, or more specifically a psychiatrist who can prescribe some anti-depressants? How is your Japanese? I'm not sure I can recommend anyone for you, but that information would make it easier to help you!

permalink embed parent report

[–] **UnmentionableS** 2 points 2 months ago

I live in Niigata. At the moment I want to talk to someone, if that person believes that drugs would greatly help, then go from there. And my Japanese is conversational. I am working toward N2 at the moment. But expressing problems or understanding advice could be problematic.

Also thanks for replying

permalink embed parent report

[–] **Wanderous** 5 points 2 months ago

I don't live in that area, so I can't give you any recommendations. But anecdotally, I had some depression problems a few years ago. I went to an English-speaking, Western-trained doctor in Fukuoka who runs his own clinic.

He wasn't a psychiatrist, but he definitely took a very measured, professional approach to my problems. He listened, and then went through a literal "checklist" with me to determine whether or not I was a clinical case. He ended up recommending a light, widely prescribed anti-depressant that I used for a while.

It wasn't an *ideal* situation and I'm sure a lot of people could take issue with the "how many of these symptoms do you have?" approach, but just having someone take my problem seriously really helped me.

I guess what I'm saying is that finding a good English-speaking, Western-trained doctor -- even one that isn't a psychiatrist by trade -- could be helpful. Maybe you can look for International/English Clinics in your area.

Definitely do something, though! That shit will eat at you, *especially* out here in another country with a limited social circle. Hell, if it's bad enough, you might even want to consider heading back home to get yourself sorted.

Be safe. :)

permalink embed parent report

[–] **chelbylu** 3 points 2 months ago

I'm glad you're reaching out and seeking support. A few options depending on how what kind of help you want and through what format. If you want a professional counselor, some options are either Skype counseling through TELL <http://telljp.com/counseling/distance-counseling/> which is a great organization. Or if you are okay with talking to trained phone counselors who may or may not be professionals, you can call the TELL lifeline 03-5774-0992

<http://telljp.com/lifeline/>. You can use distance counseling through this international website which a friend of a friend recommended: <https://www.betterhelp.com/> If you need a

psychiatrist to prescribe something, that may be more difficult if you're living in a remote area. I'd recommend calling TELL to find out more information, as they can help you sort through resources as well. I hope that you can get support and please know you're not alone. And feel free to message me privately if you want to talk or need help finding more resources.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **Tokyotoes** 4 points 2 months ago

I can recommend an excellent Yokohama-based therapist (PM me for contact details), however I'm looking for an English-speaking psychiatrist in central Tokyo if anyone can recommend one.

[permalink](#) [embed](#) [report](#)

[-] **fuelter** 3 points 2 months ago

Reading the linked post: Is this guy even a licensed (in japan) doctor or is he a fraud (except beeing incompetent)? Why would he need another doctor to prescribe medicine?

[permalink](#) [embed](#) [report](#)

[-] **Woodall10** 3 points 2 months ago

He is not licensed in Japan, no.

[permalink](#) [embed](#) [parent](#) [report](#)

[-] **kaiju12345** 3 points 2 months ago

Oh god, I am so glad your partner didn't spend any money on talking to him. He put me off the concept of therapy for years, and even now still get angry talking about it

[permalink](#) [embed](#) [report](#)

[-] **[東京都] Legal_Rampage** 3 points 2 months ago

Has the good doctor launched his customary retaliatory strike yet?

[permalink](#) [embed](#) [report](#)

[-] **Woodall10** 3 points 2 months ago

I visited him once, which resulted in a session where he gave me a prescription to get filled at a hole-in-the-wall pharmacy down the street. Neither the prescription nor the brief meeting helped me.

I later cancelled a follow-up appointment. I don't remember details, but I know he did call me and I remember some pressure to pay (which I did not). That said, he didn't harass me afterwards. I guess I wasn't a big enough fish since I'd only been the one time and mentioned I had no plans to return.

Looking over the old form email I got in reply to my inquiry, I noticed this time that the email is almost entirely devoted to explaining the payments, rules about payments and rules about making payments for cancellations.

Just read these examples I've pasted from the email:

- For ongoing sessions, in the case of inclement weather including typhoons, or if the trains are stopped due to rail problem (including high winds, earthquakes, jumping), etc., then sessions will be held by phone or Skype or would be a cancellation and the fee would be requested (first sessions cannot be held by phone and would be a cancellation and the fee would be requested unless you are able to pay via paypal before or at the session time).
- Sessions and fees will be exempted in cases of declaration of a public states of emergency in Tokyo or in your city if you live in Japan (not in other countries); Fees are still requested in the case where you are able to, or need to go to work or handle something for your job, or if your company or country recommends that persons from your country should leave Tokyo

or Japan, but the Japanese government does not require this and Japanese society is still working, i.e., shops are open, etc.

- Taking medication even under the usual standard of medical care may still result in a side effect that makes it difficult for you to come to a session. We can have a phone session in this case, but being responsible for cancelled sessions is a small risk you need to consider when taking medications and/or if something happens to you medically or if you are in an accident.
- Traveling out of Japan always incurs some risk in making a return flight, and the responsibility would be yours to decide on making appointments near your return time. Session fees would be required if you are traveling and there is a problem with your flight (including inclement weather, natural disaster, or terror threats) or other issue where you are traveling and you need to cancel within the 72hrs (although it may still be possible to have a phone session).

If anyone wants a copy of the full email to read, PM me.

[permalink](#) [embed](#) [report](#)

[–] [Sendofftomars](#) 2 points 1 month ago

I am curious, does it seem like he has it in the worst for young adults?

[permalink](#) [embed](#) [report](#)

[–] [ShiningRedDwarf](#) [S] 3 points 1 month ago

He's just a greedy sociopath taking advantage of loopholes and unknowing foreigners.

[permalink](#) [embed](#) [parent](#) [report](#)

[–] [Garigarichan](#) 2 points 1 month ago

I have also made a Reddit account just to share my experience.

I saw him for 6 months a few years ago. At the time I wasn't able to find reviews online - how I wish that I had!

I have nothing to add on the topic of his counselling skills and attitude. He was unprofessional, could barely remember which patient I was, and made me feel belittled.

However I would like to make it clear that even the part of his job he is most adept at, prescribing medicine, he cannot perform to a safe standard.

I stopped seeing him after I found out, through my own research, that one of the meds he had prescribed me had potentially dangerous interactions with another treatment I was on.

He hadn't checked my medical history.

I was furious and I expected an apology but he told me that he had no responsibility whatsoever as he's just a counsellor under Japanese a law, that while there was a counterindication, the risk wasn't too high, and that it was my fault for "wanting meds".

Now, he didn't just tell me this during the session when I confronted him: he sent me tons of increasingly irate emails.

Even if you just need a prescription, do not see him. It is not safe. There are alternatives, even if you can't speak Japanese. They just tend to be harder to find because the one thing Berger is good at is SEO.

He was the first psychiatrist I'd ever seen, which put me in a very vulnerable position as I didn't know what to expect and what was acceptable.

Recently I heard IRL about someone who has an appalling experience with him and it led me to finding this thread. Reading everyone's story, I am just as furious as I was when I realized he was

a quack. My heart goes out to everyone.

The way he reacts when he is unmasked, and the way he tracks these threads, makes me think that he's scared of being reported. I will look into this.

[permalink](#) [embed](#) [report](#)

[[-](#)] [nula1](#) 2 points 2 months ago

May be true, may be not.

Mob trial by internet.

One of the more unpleasant uses of the internet.

[permalink](#) [embed](#) [report](#)

[[+](#)] [TheAndySan](#) *comment score below threshold (3 children)*

[[+](#)] [\[deleted\]](#) 2 months ago (2 children)

[[+](#)] [tyrionedhc8](#) *comment score below threshold (1 child)*

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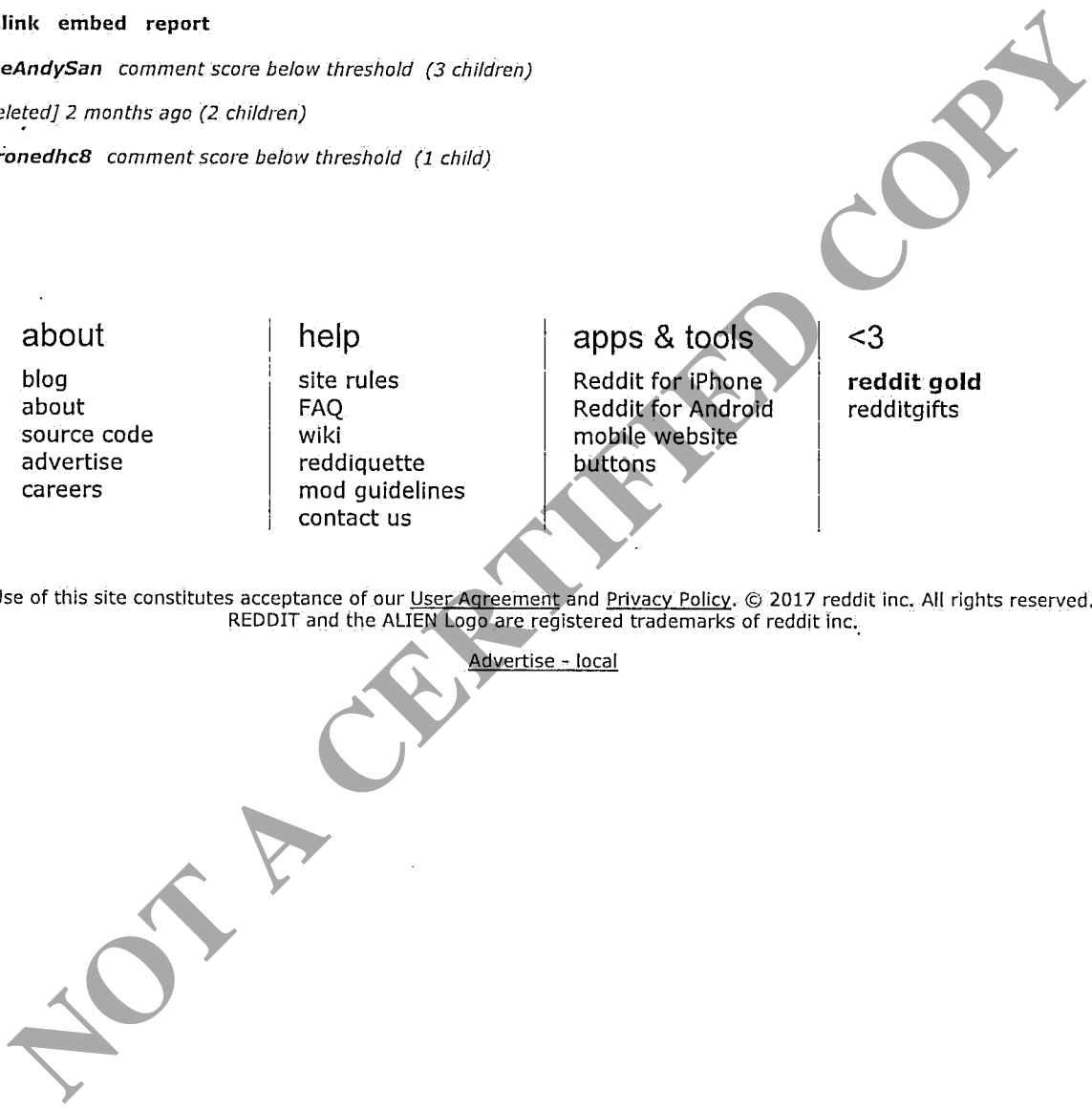
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212 · 36 comments

Woman, held for 19 days, mistakenly arrested. Police "apologized" to her

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Avoid Dr. Douglas Berger for therapy (self:japan)

372 submitted 1 year ago by masterakowski

Before I begin--no, unlike other posts before me, I am not trying to push another doctor. I'm just trying to share my story.

I went to Japan to study abroad for a year. I had depression for a long time before I left America, and it got worse here, so I realized I needed to see a doctor. Berger's firm nearly always comes up at the top when you search for therapists, etc in Japan, so I decided to see him (over Skype; I don't live near Tokyo).

From the first meeting, I thought something was off about him (I had seen quite a few therapists before, so I have a good idea of what I'm getting myself into). He always seemed disinterested in me or my answers, as if he was asking questions only to take up time (probably accurate actually, looking back). His questions were often superficial, and repeated between sessions. I saw him monthly for four--maybe five--months.

The main problem I had with him was that he was incompetent in actually giving therapy. He never asked any useful questions and was always distracted on the computer while on Skype--often I would answer a question and get a reply from him only after 15 or 20 seconds and some furious clicking later. At the most generous, I might describe him as a

psychiatrist--immediately forwarding me onto medicine, and spending the remaining forty minutes of the call asking me small talk questions. And as for the medicine--all I got out of the session was an email from Berger to his doctor friend (dubious) with "recommendations" for medicine, and I would pay the doctor (separately!) to mail me a prescription. I was paying so much money a month for an email and a mailed prescription. Actually, Berger you charged 115\$ if you didn't have insurance, and 150\$ if you did (a crafty move, but it's not as if he needs the extra money for doing essentially nothing)

I ended up going to a clinic closer to my home, where an actually attentive doctor listens to me, and the price is almost 8 times less. I didn't even bother emailing to notify him of this, and all I get out of him when it's nearing what would've been my next appointment date is a six letter email--"ru ok?", followed up two weeks later with him telling me he's going to refer me to another therapist (which he never ended up doing, for the record.)

Anyway, as I said in the beginning, I'm not interested in pushing anyone toward another doctor. I just want to get the word out there, and if this post were to come up when someone googles his name, I'd be happy. I just don't want any other unwilling person finding their way to Berger's "service".

97 comments share report

all 97 comments

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[-] **rjapanthrowaway** 176 points 1 year ago

Hey, I also had a bad experience with Berger.

I was suffering from symptoms of what I thought were anxiety, but he kept insisting I was depressed, roughly stating that "most girls who come to Japan end up depressed". He was very dismissive of most of what I had to say and simply prescribed me anti-depressants. He actually recommended that I move home because I was getting too old to find a husband (I was 26 at the time). I never told him I necessarily was looking for a husband. The thing that really got me was when he asked to see me on video (we were doing the skype thing) after about 3 sessions, he literally said something along the lines of "oh wow, you're actually really pretty! Why are you depressed? You could definitely get a boyfriend anytime!", which was so unprofessional and inappropriate for a mental health care professional to say.

He mentioned to me that most of his clients are Japanese woman/western male couples in need of relationship counseling, so maybe he just doesn't know how to talk to foreign women anymore (if he ever did). He honestly said some super sexist things to me, like how I'll be basically worthless after I've lost my looks and so I should be actively looking for a husband now. He certainly would not get away with talking to people like that in his home country (U.S.), and I think he gets by in Japan because he's one of the few native English-speaking psychiatrists available for Skype sessions.

Now I'm seeing a female counselor who has tentatively diagnosed me with anxiety (still wants to wait and see for a full diagnosis, which I think is better practice), charges MUCH less, and actually listens to me.

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[-] **[東京都] dokool** 186 points 1 year ago

Berger has a history of harassing Redditors who have posted about him, just FYI.

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[–] **throwawayfuckberger** 59 points 1 year ago

In case any of you missed it (because the comment was severely downvoted), our dear friend Mr. Berger made his expected appearance in this thread. Here is his comment:

This blog is defamation against a doctor by known individuals who post negative reviews of their competitors online, and then suggest their own services in the comments section with multiple "sock puppet" accounts. I have already reported this post to the moderators for immediate deletion.

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submitted 6 days ago by keane01
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Comments, continued...

[-] **[東京都] tokyohoon** 81 points 1 year ago

I really hope the mods leave this one up. This shitbag has google alerts trolling the Japan subs looking for any mention of his name PRECISELY because he knows he's going to get trashed for being the piece of shit that he is. To be precise, he gives questionable "therapy" at extremely high prices, then refers his clients to a Japanese doctor for a high priced prescription, avoiding actually prescribing anything himself.

Unfortunately, he manages to skate the edge of legality and hasn't gotten his shady ass arrested... YET.

[permalink](#) [embed](#)

[-] **masterakowski** [S] 30 points 1 year ago

My exact point for posting. That's why I wanted to make a point not to plug any other doctor, so it's just straight information.

[permalink](#) [embed](#) [parent](#)

[-] **[deleted]** 38 points 1 year ago

There was also this thread which appears to be about him as well.

https://www.reddit.com/r/japanlife/comments/3s86ur/psa_getting_diagnosed_with_adhd_in_japan/

[permalink](#) [embed](#)

[-] **ganmannai** 28 points 1 year ago

That was my thread. I'd say you are pretty much on track. I also got multiple PM's (most of which I'm only seeing now as I don't use this account) from people with similar experiences.

The guy is an absolute menace.

[permalink](#) [embed](#) [parent](#)

[-] **lations** 27 points 1 year ago

Surprised to see this guy here. I used him myself for some relationship trouble I was having, only had two sessions via skype then called quits on the third. Unfortunately it was a few hours within his '72 hours notice' window, and he hounded me to pay for the third session I never took. Ended up paying him about half after he threatened that he'd sic his lawyers onto me.

[permalink](#) [embed](#)

[-] **[アメリカ] zerototeacher** 10 points 1 year ago*

I remember when I cancelled well within his window, he then tried rebuking me for doing so so close to said window. Fuck that guy.

[permalink](#) [embed](#) [parent](#)

[-] **[東京都] borrrden** 25 points 1 year ago

Seems like there are a lot of people with complaints on this thread about this person. Has anyone considered filing a formal complaint against him? I'm not quite sure who the complaint should be addressed to since he lists the American Board of Psychiatry and Neurology, Inc. as certifying him, and they do not accept complaints but refer you to the medical board of the state in which the practice exists, and he is not certified to practice medicine in Japan which limits him to counseling and such. His business, Meguro counseling, is not an incorporated entity. I guess the best source of information would be the NCAC

[permalink](#) [embed](#)

[-] **[東京都] zedrdave** 4 points 1 year ago

From memory, he uses a whole bunch of superficially-unrelated websites/entities (last time the matter of his quackery came up, at least two separate websites)... Sounds like it would be a game of whack-a-mole.

[permalink](#) [embed](#) [parent](#)

[–] [micster](#) 25 points 1 year ago

Heard multiple horror stories from people whilst trying to find therapy here. Absolute shitehawk.

[permalink](#) [embed](#)

[–] [\[deleted\]](#) 24 points 1 year ago*

Two big yellow flags stand out for me:

- He seems more interested in pharma than therapy, based on the order he places these skills on his LinkedIn resume. **(How the hell is that not a massive professional conflict of interest for a psychiatrist?)**
- I find myself agreeing with Debito.org's negative assessment of his newspaper-based therapy, which is rare for me

[permalink](#) [embed](#)

[–] [Ace1999](#) 19 points 1 year ago

There's a saying amongst sages: When you need to do excessive advertisement for your business, the quality probably is shoddy to warrant such a move.

[permalink](#) [embed](#)

[–] [\[韓國\]](#) [tBanzai](#) 15 points 1 year ago

There's got to be a way to get his license revoked.

[permalink](#) [embed](#)

[+] [\[deleted\]](#) 1 year ago (2 children)

[–] [\[東京都\]](#) [zedrdave](#) 9 points 1 year ago

Also, based on other similar threads, the guy is really not above using (obvious) sock puppets to push more positive comments...

[permalink](#) [embed](#)

[–] [warau_meow](#) 5 points 1 year ago

Freaking hell this guy deserves to have his qualifications yanked and his "practice" shut down. Reading the comments and older threads this is insane he's still open for business. He's a truly disgusting inhuman being.

[permalink](#) [embed](#)

[–] [\[deleted\]](#) 7 points 1 year ago

man, what a fraud he is. despicable.

[permalink](#) [embed](#)

[–] [\[deleted\]](#) 6 points 1 year ago*

I thought I was the only one who thought something was off about this guy. I, too, persevered for several months through several months of quasi-therapy for anxiety before calling it quits. Can't decide what was my favorite part of the experience: 1) Taking a bunch of online psych evaluation tests as per his directions, and then him never even looking at the results, or 2) him saying "I'm sure you're a very nice person. You'll be fine. Just stop ruminating." or 3) him chastising me for emailing him because "he has so much admin," but then when I don't follow up with another appointment, he's got enough time to write a bunch of emails to me, veritably stalking me, or 4) The shitty grammar he uses. What the hell kind of Ph.D. writes like that? His Japanese sucks, too,

BTW. There's no way he's fluent in Japanese. Even his pronunciation of "sakura" was unrecognizable as a Japanese word.

Yeah. He's a work. He's a fraud and needs to go back to New York. He does a disservice to the profession by calling himself compassionate and effective, all the while pushing patients back into their emotional holes.

[permalink](#) [embed](#)

[–] **rr1252** 8 points 1 year ago

I just started seeing Dr. Douglas Eames. I think he's okay (I've only just started so it's hard to say if he's good) but I was considering looking for other therapists, as he charges ¥8000 for 25 min sessions. Is that a good price? Does anyone know anything about Dr. Eames?

I'm sorry about your bad experience. I hope your health improves soon

[permalink](#) [embed](#)

[–] **ganmannai** 25 points 1 year ago

He works for Dr Berger. They have a very close relationship (and he is one of only two people to recommend Dr Berger on linkedin) I would strongly advise leaving Dr Eames (who also has no formal counselling training) and finding better counselling elsewhere.

[permalink](#) [embed](#) [parent](#)

[–] **rr1252** 10 points 1 year ago

I'm very happy I asked, thank you. I will do some research

[permalink](#) [embed](#) [parent](#)

[–] **masterakowski** [S] 1 point 1 year ago

That seems rather expensive for such a short time. If it's therapy, though, just ask yourself if they "click" with you--that's the best measure of whether therapy is working for you.

[permalink](#) [embed](#) [parent](#)

[–] **butto** 5 points 1 year ago

unfortunately for non-Japanese people, mental health clinic doctors in Tokyo are quick to recommend Berger for treatment. most of them are clueless about what he's actually like - they just know he's one of the few english-speaking "mental health experts" in tokyo. his website makes him seem somewhat competent, too, which is how he draws in the uninitiated. so when those Japanese doctors are told what he's really like, they raise their eyebrows - but they also sigh and acknowledge that it makes sense.

white manipulative doctor in Tokyo, feeding off of lost and confused foreigners desperate for English-language treatment in a city that barely has any. explains where his arrogance and dismissive nature comes from. charging obscene rates for poor, even harmful treatment. only cares about money. unprofessional conduct. cold.

luckily, the truth about him is slowly starting to spread. if a friend is looking for help, do them a huge favor and urge them to look elsewhere.

[permalink](#) [embed](#)

[–] **40sandfit** 3 points 1 year ago*

It makes me sad to see all these negative posts about Doug Berger. Truly, I had hoped that my experience over the course of some months was not typical, and that he brought better service to people who were experiencing hardship.

Unfortunately, my experience with him was similarly disconcerting. After my first appointment, the only thing I could tell my partner was that, "Well, isn't very warm." He kept saying 'I understand,' even though I had really not gotten a chance to explain my situation." My partner

said at that time to find someone else, that in a country of 130 million people, there had to be another qualified therapist who could provide care that really was, indeed, compassionate.

I didn't listen. I stuck it out, thinking that at some point, maybe I could feel comfortable enough to really TALK to Dr. Berger. It didn't happen. I thought it was just me being a bad patient (it was my first time in any kind of therapy).

Dr. Berger made me feel like an idiot. He made me feel incompetent. He made me feel afraid. He made me feel sick to my stomach sometimes, when he chastised me for not understanding his logic. He yawned during our sessions. He made references to his own sexuality that made me feel embarrassed. He chided Japanese women, often referring to "chubby little Japanese women." He made me feel subhuman, and yet I kept going back for more. (Symptoms of my mental illness, perhaps?). Yes, I kept going back for more.

Then, finally, I just stopped. I got tired of always feeling nauseated at the thought of another appointment. So, I didn't accept the pressure to make another appointment. And THEN I started looking for any references to his actual service outside of the websites he has out there with pages and pages of references to his qualifications. And I saw this, among several other pages. He is very unfavorably reviewed on Yelp, as well as the other Reddit threads. How could I have been so blind?

I actually wept because I can't believe I was stupid enough to fall for his ruse. I wasted so much time, when I could've been getting treatment, all I was getting was this.... this obscene excuse for a doctor. No wonder he said he hated the U.S. I can't imagine he'd still be able to hold a license there.

Furthermore, I don't think he does any significant writing himself. His texts, messages, and even the documents he sent along (and never followed up on! Someone else mentioned online psych evals. What was the point of them?) are replete with errors that anyone with a higher education degree wouldn't make. There's no way that can be the same guy who wrote his web page or the comments that come from "him." Cryptic emails, taunting, bullying, harassing, making assumptions that were false - the whole written trail of emails would be fodder for someone to make a killing in a class action lawsuit.

I'm pretty fluent in Japanese, and his occasional references in Japanese were off by such a huge margin that I questioned the authenticity of his claim to be native-fluent in Japanese. Ummmm.... I think not. A native-level speaker of Japanese wouldn't have trouble pronouncing basic words and phrases.

Anyway. As I said at the beginning, I was so sad to read these posts. They confirmed that was that I was gullible enough to fall for his game. They also confirmed that there are a lot of non-Japanese people who NEED mental health care and this thread confirms how difficult it is to find good care.

Having lived here for most of my adult life (don't ask how many decades!), I have seen lots of young people come to Japan with mild depression, anxiety, OCD, etc., and while I think many of these young adults hope that somehow, in this new situation, that their symptoms might improve, or even better yet, go away, the opposite often happens. The stress inherent in always having to navigate life in Japan can often be a trigger to incite more dramatic symptoms. And without help - pharmaceutical or in the form of talk therapy, many of those people (and I think I can count myself among them), just flounder. They (we) need to be able to find reputable mental health care, regardless of which corner of Japan we are living in. It is a travesty that Dr. Douglas Berger is still able to maintain residency with this track record of unscrupulous activity.

Doug Berger is culpable, in my opinion, of many things, the saddest being perhaps that people who need help from someone with his qualifications and experience (assuming that those are even honest representations of himself), cannot get it. It crossed my mind at several points during "therapy" with him that he has some serious issues of his own he needs to work out. For example, as a physically small guy, he seemed so intimidated by my presence. That felt weird, as though he was trying to sit as far away from me as possible. I couldn't tell if he didn't trust me, or if he thought proximity might inhibit real dialogue. He had issues with fixations, and couldn't take the lead in a conversation. He seemed to revel, almost in delight, when I spoke of my weaknesses and frailties. Eventually, I realized that he was being abusive, and that I needed to get out. He doesn't make it easy to disengage from his "services," though, does he....

Sorry to ramble on this forum. I think this has been my first opportunity to express to any community how unfortunate it is that this guy is the first to pop up during a search for mental health care in Japan. He poses a safety risk to the most vulnerable sectors of society and ought to be dealt with through the legal system.

permalink embed

[–] [\[大阪府\]](#) **karlamarxist** 3 points 1 year ago

Mailed him to see about skype sessions a year or so ago, he called me and almost straight away he told me I should go back onto meds "because I'm OBVIOUSLY not coping" (condescending prick), asked how much his sessions and when I heard I had to say I can't frankly afford it (he had already grated on me). He got huffy and said he'd refer me to his friend and that was that. His friend did call and while he wasn't as off putting as Dr. B it was far too much than I could afford.

Glad I didn't give any money to either of these quacks.

Been seeing a wonderful therapist at medi counseling, reasonable fees (they will reduce if you are on a low income) and great service for those in Osaka.

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[–] **kaiju12345** 3 points 1 year ago

Okay, I just came across this thread and joined Reddit to put in my two cents. I am usually a pretty forgiving person, but people need to be warned about this guy. I wish this thread had existed when I was looking into therapy, it would have saved me so much time and money.

I went 3 times, even after the 'Dr' (and man do I use the term loosely) had disrespected me, insulted me and completely derailed the conversation during the first appointment to talk about himself. The 2nd and 3rd appointments were basically 30 minutes of him trying to remember 'which one' I was. Completely unprofessional.

Just in my circle of friends I know two other people who had the exact same experience with him. They are also women, so in addition to be terribly unprofessional he is also a giant misogynist. Avoid at all costs.

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[–] **bundleofstraw** 3 points 1 year ago*

I spoke with this Berger guy one time on the phone last month. I was seeking treatment for adhd, and he explained to me that he could get me medicine to help, and described a scheme in which he refers me to an "internist" who would mail me print prescriptions for adhd medication in the mail for a monetary charge. It looks like a similar setup as another poster described in which Berger refers the patient to a shady doctor in Japan that the patient has never had any contact with, and the shady doctor then mails out the prescriptions. I should also note that Berger described this scheme to me BEFORE any consultation. I am pretty sure this is a violation of

medical ethics, if not downright illegal. Berger then pushed me to make a Paypal payment for the the first consultation which would be a few days later. I made the paypal payment, but afterwards I had a shady feeling and after looking him up, found this and other websites about him.

I attempted to cancel the consultation and get a refund. He is representing himself as a medical doctor in Japan, and he is unable to legally proscribe medicine in Japan (that's why he can't accept Japanese national insurance!). He refused to give a refund, and not only that he started calling my phone several times at all hours of the day, and sent several threatening emails claiming that he would sue me and contact the police under claims for extortion and slander, because I asked for a refund. In any event, I opened a credit card dispute with my credit card company for the PayPal charge, and my credit card company issued a refund.

I would urge anyone else that has experienced potentially unethical misconduct from Berger to report it to the US medical license authorities.

permalink embed

[–] **40sandfit** 1 point 1 year ago

I tried. He hasn't updated his medical license so there's not much anyone can do because he doesn't "practice" in the States. In other words, he was certified, like 20 years ago, but hasn't maintained his license with the requisite coursework and such.

permalink embed parent

[–] **bundleofstraw** 2 points 1 year ago*

I think it makes sense to file a complaint with the NY State Department of Health. Please take a look at the following complaint form: <https://www.health.ny.gov/forms/doh-3867.pdf>

https://www.health.ny.gov/professionals/doctors/conduct/frequently_asked_questions.htm

I think the distinction that Berger is trying to claim, that he "isn't practicing medicine" in Japan is dubious, and the Board is the one to make that determination, not the patients like me or you. Berger is advertising himself to be a medical doctor, making medical diagnoses (according to other posters: diagnosis of depression, anxiety, etc.) prescribing medicine through his buddy. So whether or not he writes in fine print somewhere that "this is not medical advice" is not relevant, he could still be found to be practicing medicine. There are court cases of doctors as well as lawyers on this point as well. For example, a lawyer could tell their client "this is not legal advice" but if from the circumstances (ie. what would a reasonable person in this situation think), the opposite is true, then there could be a lawyer/client relationship, as well as possibility for malpractice.

According to the faq on the NY Department of health website:

Examples of medical misconduct include (but are not limited to): practicing fraudulently, practicing with gross incompetence or gross negligence; practicing while impaired by alcohol, drugs, physical or mental disability; being convicted of a crime; filing a false report; guaranteeing that treatment will result in a cure; refusing to provide services because of race, creed, color or national origin; performing services not authorized by the patient; harassing, abusing or intimidating a patient; ordering excessive tests; and abandoning or neglecting a patient in need of immediate care.

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[–] **FirstTimer2016** 3 points 1 year ago

It has been a couple of years since I saw Dr B, and I recently felt I wanted to reach out to him. I was a little bit on the fence about my experience with him, and found this thread.

I will share my experience.

Like with many others, Dr B quickly went to a prescription for me, and looking back on it, it was based on comments made by my partner at the time, not necessarily on his own diagnosis. After one dose I had very violent dreams and found myself in a daze most of the time. That ended quickly. Medicine has helped a lot of people I know, but throwing pills at a problem is a bad idea. He also quickly recommended pills for my partner.

With regard to the line of comments around Dr B's attitude toward women, his advice for me for reconciling my marriage was to get a 'love pad', and wear a condom when doing it outside the marriage.

His comment was that it's well known that Japanese wives don't 'do it' after marriage, so just be more careful....I felt like he wanted to give me a high five and a bro-hug, not find a way to save my relationship, or dive deeper into the root cause of the issues.

In the end, a healthy diet, lots of sleep, and exercise have made a huge difference. Now that I think about it, he called exercise a 'placebo'.....

I was on the fence about a re-engagement. Not anymore.

You don't need a best friend as a counselor, but there must be others out there who have not given up on humanity.....

Stay strong Y'All!

[permalink](#) [embed](#)

[-] [hobovalentine](#) 3 points 12 months ago

<https://tokyopast3.com/2016/09/15/mental-health-counseling-in-japan-a-horror-story/>

Sound familiar?

[permalink](#) [embed](#)

[-] [capt_n_meow](#) 3 points 11 months ago

When I lived in Japan, I Skyped with Dr. Berger for like a year, and it was absolutely horrendous. I hated him. I chose to just ignore everything he was saying because I needed to get a prescription for meds that I was currently on, Prozac being one of them, which isn't available in Japan. Personally, I thought it was absolutely ridiculous that's he's a psychiatrist and yet had to refer to a Japanese doctor (who I contacted through email with his "recommendation") who would actually give me my prescription. When I first started however, I was really, really taken aback by his attitude, his tone with me, his diagnosing me with Bipolar Disorder after one session, he didn't seem to ever remember anything I had said in previous sessions (so he wasn't taking notes, I have no idea what he was doing for the LONG SILENCES that occurred every time we talked, was he writing a novel? Was he playing fantasy baseball? Who the hell knows), and just his unprofessional way of going about the session in general (i.e. cutting me off when I'm talking, changing the subject randomly, asking me questions that were too personal and/or sexual and I actually answered them although in hindsight I should've told him to mind his own goddamn business, etc.)--also he was OBSESSED with me having my camera on my computer working, otherwise the session couldn't continue, even if his didn't work or he decided not to use it, I HAD to use my camera. I always thought that was really, really fucking creepy.

He belittled me, took what I told him and turned it around it on me as a sign of me having serious Bipolar Disorder like my mother. Because I get nervous talking to people on the phone, I just hate it overall, I laugh to kind of fill the gaping silence, which with him were NEVER-ENDING, and he would CONSTANTLY bring up my laughter saying, "You seem to be in a very manic mood." and he would suggest me taking all of these really, really heavy anti-psychotics that even my mother, who is seriously bipolar didn't take. I've had my entire life to experience what bipolar disorder is, how it's treated, what medications people take for different things, and I was already on a

medication pack that worked for me. Every time I talked with him, he made me more angry. How could a professional psychiatrist (of which I've seen plenty) act like this? How could he just blindly make a diagnosis which takes YEARS to actually be able to determine? How does he sit there I like a Psych 101 student and ask me questions like, "How organised are you?" -- what in the ever loving hell does that have to do with mental health? Nothing.

Because I've suffered from depression and anxiety for so long I've already gone through many drug trials, I remember the meds that made me more suicidal or feel worse, and he still SUGGESTED those drugs to me (ON A REGULAR BASIS -- even when I continued to say, "I'm never taking those drugs ever again. I already feel fine with the drugs I'm on.") because I'm "older and probably won't suffer from the same side effects"...I was 3 years older than my last drug trial and I was like "How does he not know how SIDE EFFECTS work?" I feared for people who saw him and would take his advice and be put on meds they shouldn't be put on.

I don't have a degree in anything mental health related, but I felt that i knew FAR more than he did. He clearly suffers from narcissistic personality disorder; he's a misogynist, a racist, bigoted, and absolutely insufferable. After the third or fourth session, I would just zone out during our "hour" Skype session, my husband would look on to me and ask me if I was okay, because he was hearing EVERYTHING this man was saying and just couldn't believe it (and my husband has never had to see a mental health professional before). I was always upset after a session, just pissed off at everything he had said that I took with a "mm-hmm" and an "okay" just so the session would end faster. I wasn't using him for advice or help anymore than I would a drunk sitting outside of a pub, and I've met more drunks with better people-skills than this pissflap.

And to make things worse, I thought I had no other options. I continued to pay him TOO MUCH every month just so I could stay on my medication. I was scared to look for help elsewhere because I didn't want to be on any other drugs, I thought if I went to a Japanese doctor he wouldn't help me get the medication that I needed. Truthfully, I felt STUCK with him and I was so happy to never have to speak with him again.

I chose to inflate his ego and act like a nice little "southern girl" for him otherwise he'd shame and belittle me. I actually fit into his little box of women he didn't have to shame too much because at the time I wasn't overweight, I was white, I was southern (and therefore racist like him--like what the flying fuck?!), and I agreed with him (not because I actually did, but because I wasn't paying attention and just wanted the session to end). I hate to think that I made him worse, gave him more of an ego, or even let him think he was even somewhat remotely helping me at all. I told everyone I could to avoid him like the plague, I told them that I was stuck and suffering with him and there wasn't anything I could do, but they could avoid him in the first place.

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[-] [\[京都府\]](#) **KnigOfTypos** 2 points 1 year ago*

When people like this are a bit more charismatic, and can at least *pretend* to care, they can much more easily get away with their con, make more money, and have far less drama. Which makes me wonder how many "good" con artists are out there doing this kind of thins, but doing it well. This guy is just fucking lazy and stupid.

And then he has to put far more effort into netstalking than the minimal extra effort to just do his "job" in a convincing manner.

We see this in "journalists" and "activists" as well in Japan. Including the empty threats of "I'll send my lawyers after you!" You don't have a lawyer. Your netstalking ways prove it.

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[-] [\[アメリカ\]](#) **shadowwork** 4 points 1 year ago

I've seen some complaints about suggesting medication in the first session. Just to be clear, if you see a psychiatrist (MD) they will use medication therapy the vast majority of the time. There are very few psychiatrists (in the U.S. at least) who do talk therapy.

If you are more interested in individual talk therapy, psychotherapy, or counseling, a psychologist (PhD or PsyD) may be a better fit. Masters level counselors may be a good option as well. Here is a link to English speaking psychologists in Japan.

Source: Psychology doctoral student in training, maybe moving to Japan.

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[–] **TokyoXtreme** 4 points 1 year ago

disinterested ≠ uninterested

Sorry, couldn't resist. Will avoid Berger as well.

[permalink](#) [embed](#)

[–] **masterakowski** [S] 10 points 1 year ago

Wow. I did not know. Thanks for the tip. (not sarcasm, by the way)

[permalink](#) [embed](#) [parent](#)

[–] **DantesInfernape** 2 points 1 year ago*

I'm sorry you had a bad experience with him. In general, for those seeking psychotherapy, I tend to recommend that people see psychologists (and mental health counselors and social workers) instead of psychiatrists (EDIT: for clarification, psychologists have extensive training in psychotherapy or "talk therapy", and psychiatrists have extensive training in medicine - both are necessary to treat mental health disorders). Nowadays psychiatrists don't seem to get very much training at all in providing psychotherapy and instead focus on the medical aspects of mental health. But perhaps I'm biased because I'm a psychologist in training. I'm glad you found a better and more affordable therapist!

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[–] **ganmannai** 8 points 1 year ago

I tend to recommend that people see psychologists (and mental health counselors and social workers) instead of psychiatrists.

This is terribly framed advice. People should consult a medical professional and consider all of their options before beginning treatment. There are many mental health disorders that require treatment with pharmaceuticals, something that psychologists are unable to prescribe.

Stating that one is better than the other because of you own personal biases is irresponsible.

I have a degree in psychology, and this was drummed into us in the first semester. If you course is teaching you otherwise that is an embarrassment.

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[–] **DantesInfernape** 4 points 1 year ago*

You ignored and cut out my preface; I clearly said "for those seeking psychotherapy."

Psychotherapy is "the treatment of mental disorder by **psychological rather than medical means**" (Merriam Webster). In other words, *if the client is seeking "talk therapy,"* I recommend not seeing a psychiatrist. Their training is focused on medicine, not on psychotherapy.

If your psychologist/counselor diagnoses you with a disorder that is best treated with drug therapy, thinks you could benefit from drug therapy, or does not feel competent to treat you because expertise in medicine are required for your disorder, they will refer you to a psychiatrist. Don't get me wrong; psychiatrists are necessary. I have read enough

randomized clinical trials to know that medicine certainly has its place in mental health and can perform better than psychotherapy to help patients reach remission for a number of disorders, but the fact of the matter is that psychiatric residency programs by and large do not emphasize psychotherapy training nowadays. It is something that psychiatry students have to seek out. Therefore I tend to be confident that clinical psychologists, counseling psychologists, licensed clinical social workers, and licensed professional counselors have thorough training in administering psychotherapy (it is a core requirement of their training), whereas I am less confident in receiving high quality psychotherapy from psychiatrists. That said, if a psychiatrist has received extensive training in psychotherapy, then I'm sure they will be qualified. However, they are the exception rather than the rule, so to speak. I am not saying that psychologists are inherently "better than [psychiatrists] because of [my] own personal biases;" I am saying that I trust psychologists more than I trust psychiatrists to deliver psychotherapy. Likewise, I trust psychiatrists to deliver drug therapy better than the few clinical psychologists who are able to do so. These differences are a major reason why the separate professions exist, after all.

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[–] [ganmannai](#) 3 points 1 year ago

True, I left it out, but it doesn't change the way you framed your advice.

The patient should not be seeking "psychotherapy" they should have it recommended to them after examining all of the treatment options with a medical professional. This is my point and I stand by it.

Your argument is far better framed in your second comment but you shouldn't be pushing your personal agenda / opinions when recommending treatment.

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[–] [DantesInfernape](#) 1 point 1 year ago

It entirely changes the way I framed my advice, actually. And your lack of understanding of the definition of psychotherapy and how clients come to be in it is the true "embarrassment" here. The assertion that all "patients" *should* seek medical help before going to psychotherapy demonstrates your ignorance of both psychotherapy and the process of getting there.

You really shouldn't be pushing your personal agenda/opinions when recommending treatment.

This is, quite frankly, not the way it is. Very few of the clients at my clinic see medical professionals before coming, and the same goes for college counseling centers. If we think they need medical help/drug therapy/psychiatry, we refer them. By the way, the field no longer calls clients "patients" any more - you know, to get away from the medical model. You should know this, given that you claim to have a degree in psychology.

Moreover, I am not unique or "biased" in stating that psychiatrists by and large are not as well trained in psychotherapy; it is a fact of the profession and one aspect that differentiates their profession from those of clinical/counseling psychologists and counselors.

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[–] [BooBooImiss](#) 1 point 1 year ago*

June 29, 2016 I had been seeing Douglas Eames for the past year and really had no issue with him. He referred me to Douglas Berger. Since I was comfortable with Dr. Eames I had no reason to doubt his new referral. I scheduled an appointment. Berger was really adamant of getting his

payment first before guaranteeing a SKYPE session. We scheduled a day and time. The day comes and he is already five minutes behind. Eventually, he calls me on SKYPE. I didn't like the tone of his voice from the start. I could hear him typing as we spoke. He asked me questions about my age, birthplace, where I went to school, if i was in a relationship, was I messy or disorganized. After the second question, I put up my guard and knew something was off about him. I told him in a calm manner, "I am not comfortable answering that question. I am not sure why that information is important." He immediately became aggressive. He was threatening to drop the call. I wanted to figure out what was his issue. I eventually gave him false information for the majority of his questions because i didn't like his aggressive manner. He wanted to argue when I wasn't comfortable answering certain questions (which sounded like he was checking off a list)I would calmly tell him that i was not comfortable answering that question. I was raped and attacked and was seeing the previous counselor for a Panic Disorder. Berger was more concerned with my personal life and for me to answer his stupid questions than he was trying to take care of me.

"that is your opinion..we don't agree on that" is all he said when i told him that he is making me uncomfortable with the way he talks to me, his tone, and for him trying to constantly take my responses as an insult just to try to argue.

I let Dr. Eames know about his referral. He had no idea about his bad reputation. I even recorded the session on my phone and sent clips to Dr. Eames. After getting off SKYPE, i had to look him up and this REDDIT came up. I was upset. I sent Douglas Berger an email and told him Berger was a terrible person for treating me so badly. He has no heart. The only time he was calm is when I asked him "are you having a bad day? do you have problems with women in your life? " He takes no responsibility for his actions and only cares about himself. I am sure there aren't any Japanese women that want him.

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[–] **BeCarefulPeople** 1 point 1 year ago

Thanks god this was one of the top links that came up. I was looking at his site and he said i need to enter my personal information in a simple form... that ended in a I [NAME] agree ... [DATE] to a "contract" listed in a tiny window that contained 5+ pages of text... with terms so bad they would not be legally binding in most countries.

tl;dr: Seems fishy / nasty.

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[–] **sakura1889** 1 point 1 year ago*

Wow I am surprised and relieved to find this thread. Just made a Reddit account just so I can share my story, too (which is probably going to be more therapeutic than the counseling session I had with Dr. Berger). I've never seen a counselor before in my life, but after some recent emotionally abusive episodes with my partner, I felt the need to chat with a confidante so that I knew I wasn't being irrational (or be told that sincerely, if I was). I was hoping to receive some talk-therapy and wanted to bring my partner with me to a session down the line. So I talked to Dr. Berger on the phone and also told him I wasn't needing medication - I know I'm fine - but just needed an unbiased professional to talk to. He said he is happy to provide talk-therapy, no problem....but I left that session more stressed and even paranoid for the first time in my life! When I sat down, he asked me what's going on, I started telling him the episode with my partner that brought me to his office - LESS THAN 10% into my story he cut me off and talked the rest of the time. I never got to finish that story. He even said that the first session would be him asking me a lot of questions so he can understand my situation better, but he didn't ask me any more questions after that and just kept talking and assuming. So much for talk-therapy...he kept calling

my partner "ill" (he has diagnosed depression and anxiety) and that he can't be saved or loved so that I needed to leave him. I tried to backfire by saying "but can't people who have diagnoses like that be loved and cared about, too?" He then proceeded to make a list of men who are desirable to date and men who aren't. They all had to do with their PROFESSION! He put people like doctors and IT career holders in desirable and military or teachers in undesirable. I was appalled. I can say for sure that I've dated shitty guys with colorful degrees, and I've also dated amazing caring men with a decent job without a degree. So honestly, I thought that was shallow. Also, I kept trying to tell him that I wasn't in the session to discuss what kind of men I should date. I didn't come to Japan to date, and that in fact, I was trying to find strength and support in learning how to stand on my own and try to get to the root of why I was having trouble settling for unhealthy relationships instead of staying single. None of those issues got discussed or even touched upon at all. He cut my session short - 35 minutes instead of the given 40 because he had "a Skype call to get to" so he basically ripped me off on my time. He sincerely finished the session by asking me to tell him how my talk with my partner goes, but then added saying that "you may have to move!!" pretty lightheartedly...which isn't a comforting thing to hear AT ALL and also unfair, because he didn't care to find out about the issue deep enough. I left the session feeling pretty down, not knowing if this was normal or not for counseling. Since this was my first experience, I was afraid to go back to see another counselor because I don't know if they will all be like him. So I googled reviews for Dr. Berger and came across this thread which restored some faith in me...so now I'm not afraid to reach out to a different clinic. I don't want to be too hard on the guy, because my one time sessions wasn't as bad as some others on here (my sympathy to you all), but I feel little better now that I got to share my story too. Onto better therapy!

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[-] **40sandfit** 1 point 1 year ago

I feel for you. Sounds like you have a better handle on concepts of psychology and relationships than "Dr." Berger. Take care....

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[-] **tokyo_no_noraneke** 1 point 1 year ago

This person is threatening to sue me. He is claiming that I need to pay him for a missed session that I DID NOT MAKE.

If anybody else has had the same experience, do tell.

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[-] **bundleofstraw** 1 point 1 year ago*

Yes, I had a similar experience, and I advise you to email Berger that you will call the police on him, that's what I did. I also suggest that if you made a credit card payment through Paypal that you should contact your credit card company and open a dispute, because Berger is a fraud. In any event, do not pay this clown, and do not fear him. He is a crook, and is not entitled to a penny of any patient's money.

Below, is part of an email Berger sent to me, it looks like it was written by a 10 year old. After this email, he then introduced me to his so called "legal counsel" and threatened to sue me and also call the police on me!

"My job demands dealing with many persons in variably distressed and/or quite disturbed states of mind. Most everyone is appreciative of the difficulties in treating psychiatric conditions, (they never make negative comments). 1. there are always some persons who do not see it that way, are angry about many thinkgs, many with little reality behind them.

The important task at hand now is for me to care for your needs for the one meeting which I certainly hope you will have-since you have paid for it, and agreed in a written contract you would do so, at least you can see what information I can provide for you. In terms of a refund, it would be very unfair of you to request a refund after signing the contract and leaving the time taken at your request for 2 days and with only one day left for an appointment with no refunds agreed in writing by yourself. Then you can take the information I provide you in the hopes it will help you interface with your next providers and I wish you well.

To Take your cancel to your card or PP is likely to end up on a state of mutual frustration. Considering I have a contract you signed on hand I would suggest that your credit card and PP will ask you to resolved legally while your payment is in limbo with paypal, and while your legal costs driving higher costs to try to get a refund you agreed yourself in writing that you can not get yourself. I don't advise you to get into that kind of lot costly complication. I still wish to help you, do you wish to continue an argument over 13,000yen, or about \$125, the cost of a few Big Mac's at Macdonalds instead of getting some form of help.

D. Berger"

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[–] [sleptdu](#) 1 point 1 year ago

are you kidding me? a few Big Mac's at McDonalds?

[permalink](#) [embed](#) [parent](#)

[–] [bundleofstraw](#) 3 points 1 year ago

not kidding, that's what he wrote to me verbatim. In any event, after my credit card company refunded the charge, I had more then enough money to buy a few Big Mac's...

It's really surprising how poor his grammar and writing is. What kind of psychiatrist can't even write proper English? He even spelled the restaurant "Macdonalds."

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[–] [Yotsubaluck](#) 1 point 1 year ago

I made a Reddit account just because I wanted to chime in here. I wish I had done my research beforehand. I'd been in Japan for a while and noticed symptoms related to depression worsening so I finally decided to reach out. Dr Berger was one of the first results I found, and as I live in a suburban area, his offer of Skype calls seemed ideal. I made an appointment after reading through and filling out one of the above mentioned contracts. My first call with him he asked a bunch of questions. When I told him two of my siblings were diagnosed as being on the autism spectrum, he said "how do you know?" to which I replied that the years and effort my family out into having them diagnosed by multiple state and private analysts and the two years they'd been with speech and occupational therapists was probably a good indication and he just said "well a lot of doctors misdiagnose OCD or other things as autism". Ummmm... Also when I told him I wasn't in a relationship and don't plan on having kids, he said "you never know what will happen." I've been sure I don't want children for 10+ years. At the end of my first meeting he also told me he thought I might need medication. Also, in the second and third meetings, he couldn't pronounce my name correctly even though I corrected him, and towards the end of my second session he said I "didn't SEEM sick but he would just have to take my word that what I told him was true." That was it for me. The end. Now I get a prescription from my normal doctor and it is 1/5 of the price and she listens to me talk about my problems.

When I told him I didn't want to continue with him he said he would refer Dr. Eames, and Dr. Wakes sent an email that seemed quite a bit more...receptive...but I knew they were associates

at the Megumi practice so I never responded. Stay away.

[permalink](#) [embed](#)

[-] I_stare_at_everyone 1 point 1 year ago*

Searching around a bit, I found criticism of Berger on 2chan that dates back more than nine years and is basically consistent with what everyone here has been saying. My translation follows for anyone interested:

Anonymous Nice Guy; 2007/08/14 (Tue) 21:10:26 ID:zAtBIpSd

The so-called "Dr." Douglas Berger of Yutenji was a total nightmare of a counselor. Before treatment he made me pay a 13,000 yen fee for 40 minutes and sign some document about how I wouldn't sue him if I didn't like the treatment. The actual counseling was traumatically bad. For one he didn't make eye contact a single time or listen to me; he just blabbed on and on. He was more like [mean television fortuneteller] Kazuko Hosoki than a counsellor, just trying to pigeonhole me as such-and-such a person. When I said that he was wrong, he wouldn't listen and kept jumping to conclusions about me. For what it's worth, he completed his doctorate at Tokyo U and is supposed to be popular with gaijin patients because he's a gaijin. But thanks to him, my mental state's gotten bad, so much that I'd seriously love to sue. I'm writing this here as a warning in the hope I can prevent any more harm.

優しい名無しさん : 2007/08/14(火) 21:10:26 ID:zAtBIpSd

目黒区祐天寺の自称Dr・バーガー・ダグラスは

最低の悪夢のカウンセラーだった。

診療前に40分13000円の料金先払い、

および、もし治療内容が気に入らなくてもあなたを訴えません、

みたいな書面にサインさせられ、

カウンセリング内容もトラウマになるくらいひどい。

まずこちらの目を1度も見ずにこりともせず、

こちらのお話をきかずさえぎってひとりでしゃべりまくる。

カウンセリングというより細木数子で、

「あんたはこういうひと」と断定！、

こちらが違うといっても聴く耳もたず決め付ける。

一応東大の博士終了してて、

ガイジンだから外人患者に人気あるらしい。

あいつのおかげで心が不調になった、

本当に訴えたいくらい。

他の人が少しでも被害にあわないようにここに注意を喚起します。

Source: <http://life9.2ch.net/test/read.cgi/utu/1178702375/>

[permalink](#) [embed](#)

[-] bundleofstraw 2 points 12 months ago

How troubling that Berger has been scamming people for so many years. I wonder how it is that he claims to be able to accept some Western Insurance plans on his website, such as Cigna International, ProtExPlan, InterGlobal.

It seems his conduct in Japan is also unlicensed practice of medicine (he has no license in Japan), in violation of the Japan Medical Practitioner's Act, which has stiff penalties. Has anyone contacted the Ministry of Health, Labour, and Welfare in Japan?

not sure if anyone has posted a link to his site yet:

<http://www.japanpsychiatrist.com/default.html>

[permalink](#) [embed](#) [parent](#)

9/11/2017

Avoid Dr. Douglas Berger for therapy : japan

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- Brigading or other excessive circlejerking (if we have to explain this you're probably already banned).
- Personal information (ex. social media accounts, home addresses, personal phone numbers)
- Circlejerking or excessive trolling
- Rude, offensive, insulting, or otherwise anti-social behavior towards others
- Posts that have no context or any effort made to provide it
- Off-topic content for this sub (ex. "what's my name in kanji", "pls recommend an anime")
- Spam (including self-promotion), links to explicit material, or malware
- Links to any blogs/vlogs, videos, or articles about Japan (news *and* clickbait)
- Posts from recently created throwaway accounts (<1 day) or suspected troll accounts (low or negative karma)
- Posts that are not marked NSFW when they should be

will be filtered or removed at the moderators discretion. Repeating offenders will be banned. Please report any posts that violate the above rules.

4. We're not craigslist, so if you want to make a for-sale post, this is not the place to do it. If you think your salable item is of particular relevance to the community, please do message the mods first!

Information for emergencies

Local subreddits

- /r/Tokyo
- /r/Nagoya
- /r/Kyoto
- /r/Osaka
- /r/Fukuoka
- /r/Okinawa

Related subreddits

- /r/japan - Anything Japan-related
- /r/japannews - News about Japan
- /r/japantravel - Travel in Japan
- /r/japanpics - Pictures of Japan
- /r/LearnJapanese - Japanese language learners
- /r/veganinjapan - Vegans living in Japan
- /r/teachinginjapan - For teachers past, present, and prospective
- /r/JETprogramme - Same as above, but for JETs
- /r/movingtojapan/ - Interested in moving to Japan? Try here first!
- /r/DIYJapan/ - like to do it yourself? In Japan? Go here!

See the full list of Japan-related subreddits [here](#).

Sidebar image taken in Iizuka-machi, Fukushima-shi, Fukushima-ken by /u/miyagidan

Style created by /u/tokyohoon

created by ninjin

a community for 7 years

advertisement

NOT A CERTIFIED COPY

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ecb29 関東・東京都

MikamiJP 関東・神奈川県

helpfuljap

bulldogdiver 中部・山梨県

[about moderation team »](#)

< > discussions in r/japanlife

X

103 · 145 comments

What's something you've done in Japan that you're ashamed of?

[WE ARE NOT HERE TO HELP YOU FIGURE OUT HOW TO MOVE TO JAPAN /r/movingtojapan.]

This is an archived post. You won't be able to vote or comment.

▲ **Medical** Avoid Dr. Douglas Berger for therapy (x-post /r/japan) (self.japanlife)
 154 submitted 1 year ago by masterakowski

▼ I posted this in /r/japan here, too:

https://www.reddit.com/r/japan/comments/4cfz65/avoid_dr_douglas_berger_for_therapy/

Before I begin--no, unlike other posts before me, I am not trying to push another doctor. I'm just trying to share my story.

I went to Japan to study abroad for a year. I had depression for a long time before I left America, and it got worse here, so I realized I needed to see a doctor. Berger's firm nearly always comes up at the top when you search for therapists, etc in Japan, so I decided to see him (over Skype; I don't live near Tokyo).

From the first meeting, I thought something was off about him (I had seen quite a few therapists before, so I have a good idea of what I'm getting myself into). He always seemed disinterested in me or my answers, as if he was asking questions only to take up time (probably accurate actually, looking back). His questions were often superficial, and repeated between sessions. I saw him monthly for four--maybe five--months.

The main problem I had with him was that he was incompetent in actually giving therapy. He never asked any useful questions and was always distracted on the computer while on Skype--often I would answer a question and get a reply from him only after 15 or 20 seconds and some furious clicking later. At the most generous, I might describe him as a psychiatrist--immediately forwarding me onto medicine, and spending the remaining forty minutes of the call asking me small talk questions. And as for the medicine--all I got out of the session was an email from Berger to his doctor friend (dubious) with "recommendations" for medicine, and I would pay the doctor (separately!) to mail me a prescription. I was paying so much money a month for an email and a mailed prescription. Actually, Berger you charged 115\$ if you didn't have insurance, and 150\$ if you did (a crafty move, but it's not as if he needs the extra money for doing essentially nothing)

I ended up going to a clinic closer to my home, where an actually attentive doctor listens to me, and the price is almost 8 times less. I didn't even bother emailing to notify him of this, and all I get out of him when it's nearing what would've been my next appointment date is a six letter email--"ru ok?", followed up two weeks later with him telling me he's going to refer me to another therapist (which he never ended up doing, for the record.)

Anyway, as I said in the beginning, I'm not interested in pushing anyone toward another doctor. I just want to get the word out there, and if this post were to come up when someone googles his name, I'd be happy. I just don't want any other unwilling person finding their way to Berger's "service".

99 comments share report

all 99 comments

sorted by: **best**

▲ [-] **bulldogdiver** 中部・山梨県 32 points 1 year ago*

▼ Got to love this guy - he really does have his google alerts set to kill.

https://www.reddit.com/r/Tokyo/comments/2j0hbp/avoid_douglas_berger/

[permalink](#) [embed](#)

[load more comments](#) (7 replies)

▲ [-] **tokyohoon** 関東・東京都 47 points 1 year ago

▼ I really hope the mods leave this one up. This shitbag has google alerts trolling the Japan subs looking for any mention of his name PRECISELY because he knows he's going to get trashed for being the piece of shit that he is. To be precise, he gives questionable "therapy" at extremely high prices, then refers his clients to a Japanese doctor for a high priced prescription, avoiding actually prescribing anything himself.

Unfortunately, he manages to skate the edge of legality and hasn't gotten his shady ass arrested... YET.

[permalink](#) [embed](#)

[load more comments](#) (7 replies)

▲ [-] **bulldogdiver** 中部・山梨県 55 points 1 year ago*

▼ Go to the cops. If this is the guy who we've had numerous complaints about things like having a Japanese doctor misprescribe medication without an actual examination then hopefully the police have a nice file on him already and he'll eventually be given a nice extended vacation for practicing without a license. I'm sure his Japanese cohorts will roll on him the second their license is in jeopardy. But just complaining on Reddit doesn't do much other than to make yourself feel better because let's be honest nobody on here myself included actually uses the search function.

[permalink](#) [embed](#)

[load more comments](#) (6 replies)

MORE COMMENTS

More from r/japanlife

HIDE

▲ **101** What's something you've done in Japan that you're ashamed of? (self.japanlife)

submitted 13 hours ago * by Zhanteimi 関東・埼玉県

▼ [145 comments](#) [share](#) [report](#)

▲ **73** Kid's Japanese level is taking off, English level is lagging behind and I'm panicking.

(self.japanlife)

submitted 5 days ago * by thephorest

[117 comments](#) [share](#) [report](#)

▲ **43** Foreign kids adjusting to life here (self.japanlife)

submitted 2 days ago * by just-4-me

▼ [28 comments](#) [share](#) [report](#)

▲ **38** Questions about buying a house (self.japanlife)






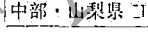





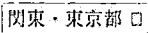



submitted 5 days ago * by CorbinInJapan 近畿・京都府

▼ [107 comments](#) [share](#) [report](#)



- 29  Weekly Praise Thread - 08 September 2017 (self.japanlife)
submitted 3 days ago by AutoModerator
383 comments share report
- 28  Weekly Complaint Thread - 07 September 2017 (self.japanlife)
submitted 5 days ago by AutoModerator
1004 comments share report
- 25  What video chat app do you use for family abroad? (self.japanlife)
submitted 5 days ago by toxichousetony
69 comments share report
- 23  What are your plans for Financial Independence? (self.japanlife)
submitted 1 day ago by wntrm
103 comments share report
- 26   Tuesday General Discussion Thread - 05 September 2017 (self.japanlife)
submitted 6 days ago by AutoModerator
670 comments share report
- 20   Bi-Weekly Boss Premium Edition Stupid Questions Thread - 06 September 2017 (self.japanlife)
submitted 5 days ago by AutoModerator
426 comments share report

Comments, continued...

-  [-] [deleted] 17 points 1 year ago
-  This was another thread which sounds awfully like someone had a bad experience with the same doctor:
https://www.reddit.com/r/japanlife/comments/3s86ur/psa_getting_diagnosed_with_adhd_in_japan/
permalink embed
-  [-] ganmannai 19 points 1 year ago
-  That was my post. Can confirm it was Dr. Berger.
I've also just logged into see about 20 pm's from people with similar experiences.
Scary.
permalink embed parent
-  [-] bulldogdiver  13 points 1 year ago
-  Wow, even Lil'Debbie doesn't like him - <http://www.debito.org/?p=10331>
permalink embed parent
-  [-] ganmannai 9 points 1 year ago
-  Fuck me, there is a celebrity death match I'd like to fucking see.
 Lock those two cunts in a cage, give them knives and let them go at it.
Winner gets thrown into a volcano.
permalink embed parent
-  [-] tokyohoon  6 points 1 year ago
-  | give them knives and let them go at it.
Nerf bats. Lasts longer.
permalink embed parent
-  [-] ganmannai 5 points 1 year ago
-  I'd buy that on pay per view.

[permalink](#) [embed](#) [parent](#)

▲ [-] [zerototeacher](#) 5 points 1 year ago

▼ Well, Berger wrote an article that more or less named him without naming him. More surprising how posts on tepido/japologism about the article slowly devolved into people giving their negative experiences and impressions of Dr. Doug Berger at Meguro Consueling being a schmuck.

[permalink](#) [embed](#) [parent](#)

▲ [-] [bulldogdiver](#) [中部・山梨県](#) 6 points 1 year ago

▼ So are you saying that articles is about Lil'Debbie? Or is there some other article I'm not going to search for out there?

[permalink](#) [embed](#) [parent](#)

▲ [-] [zerototeacher](#) 6 points 1 year ago

▼ I'm not gonna give Debs the clicks to see that article but I know there some article that described him quite well and Debbie got defensive about it.

[permalink](#) [embed](#) [parent](#)

▲ [-] [\[deleted\]](#) 15 points 1 year ago

▼ Wow, I have not heard one positive thing about this place.

This is sick that someone would abuse their rights as a so called doctor to take advantage over people who are seriously seeking help. People don't seem to care or notice that most of these patients are struggling to have a "normal" life, let alone have a high enough income to pay for these health expenses not covered by national health insurance. When we finally saved up enough money to go see a psychologist/therapist/counselor/psychiatrist, we get scammed. What the heck is wrong with these doctors???

Oh by the way whoever is sticking up for Berger down there in the comments: This is the Internet. You have no right to censor people's opinions, especially since no one is advertising on this thread. If you're Berger himself, instead of wasting your time arguing with people who disagree with you, how about you actually care about your patients and put real effort into helping improve people's lives? If your clinic is actually legit, people will naturally go to you.

[permalink](#) [embed](#)

▲ [-] [smunchyblue](#) 13 points 1 year ago

▼ It *is* Berger down there. He tends to make new accounts when his name comes up and claim that it's all a giant conspiracy of people who are falsely trying to bring him down and play up his competitors. Also he keeps calling Reddit a blog (as he did in his emails demanding I delete an already deleted post that I hadn't made in the first place my blog), which is a pretty big tell.

[permalink](#) [embed](#) [parent](#)

▲ [-] [zerototeacher](#) 6 points 1 year ago

▼ The one positive thing that, thanks to going there, discovered that Meguro has this awesome little burrito joint called Triceratops. Sometimes it proved to be more soothing than the "therapy" itself! The couple that run it are really sweet people.

[permalink](#) [embed](#) [parent](#)

▲ [-] [moeru_gumi](#) [中部・愛知県](#) 12 points 1 year ago*

▼ For people in this thread [Edit] looking for therapists, please look on the Sidebar.

[permalink](#) [embed](#)

▲ [-] [Umbo](#) [近畿・三重県](#) 24 points 1 year ago*

Man I'm so glad I'm not alone thinking this. I used him about 3 years ago for just some generalized therapy and he would just not respond to my questions or comments. He would sit there in silence. Like, wtf? He charges like 12,000 円 or something for 40 minutes and every time it felt like such a colossal waste of money. Within the first 20 minutes of the first session he started trying to peddle antidepressants. I did it 3 or 4 times and got literally nothing out of it. Then 2 years later he emailed me saying I still owed him money (I did not). Screw him. He honestly feels like a scam artist with a doctorate. I'm seeing another therapist now for much less who actually talks to me.

permalink embed

[-] Tannerleaf 関東・東京都 6 points 1 year ago

Does he actually have a doctorate?

permalink embed parent

[-] Umbo 近畿・三重県 12 points 1 year ago

Yup. He's a practicing psychiatrist. Making his bullshittery all the more appalling.

permalink embed parent

[-] tokyohoon 関東・東京都 16 points 1 year ago

| a practicing psychiatrist

No, he isn't. If his claims to his credentials are valid, he is (or was) licensed to practice in the US, but he is **not** licensed to practice in Japan. If he was licensed, he would be able to prescribe meds himself.

permalink embed parent

[-] Umbo 近畿・三重県 5 points 1 year ago

If you want to split hairs, that's fine. The point is that in spite of clearly having plenty of training and qualifications, as well as having a (legal) business in Japan administering psychotherapy to patients, he's still remarkably incompetent or negligent or both. If what he's doing was illegal, I'm sure he would've been busted long ago.

permalink embed parent

[-] tokyohoon 関東・東京都 9 points 1 year ago

| If what he's doing was illegal, I'm sure he would've been busted long ago.

Right, he uses a shill partner to dispense meds, which keeps him in a legal grey zone and off police radar.

permalink embed parent

[-] Rambalac 8 points 1 year ago

Is it Japanese? If it's not he does not have it and practicing illegally.

permalink embed parent

[-] Umbo 近畿・三重県 8 points 1 year ago

Yes. I wouldn't believe it either except that he even has a picture of it on his website.

permalink embed parent

[-] Rambalac 9 points 1 year ago

It's fake. This is official licence <https://www.google.co.jp/search?q=%E5%8C%BB%E8%80%85%E3%81%AE%E3%83%A9%E3%82%A4%E3%>

82%BB%E3%83%B3%E3%82%B9&newwindow=1&biw=1920&bih=955&source=Inms&tbn=isch&sa=X&ved=0ahUKEwiBvOr5iefLAhUBMaYKHbmjByMQ_AUIBygC#newwindow=1&tbn=isch&q=%E5%8C%BB%E5%B8%AB%E5%85%8D%E8%A8%B1&imgsrc=_

[permalink](#) [embed](#) [parent](#)

▲ [-] **Amadan** [関東・東京都](#) 14 points 1 year ago

▼ It is not fake, or at least it does not appear to be (it could be doctored (hehe)), as it looks almost exactly like my University of Tokyo Master degree diploma (the differences being the name, the degree, and the person signing the certificate). You're comparing apples and oranges: a Doctoral degree is not a medical licence.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Rambalac** 9 points 1 year ago

▼ Diploma is not a medical licence. And this thread was never about diploma.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Amadan** [関東・東京都](#) 11 points 1 year ago

▼ | Diploma is not a medical licence.

That's what *I* said.

| And this thread was never about diploma.

The posted image is the response to the comment:

| Does he actually have a doctorate?

[permalink](#) [embed](#) [parent](#)

▲ [-] **bulldogdiver** [中部・山梨県](#) 10 points 1 year ago*

▼ Well now, we have a diploma from the University of Tokyo - if someone not at work could maybe send a quick e-mail with a copy of that picture to the University to verify his credentials that might go a long way towards either confirming he's a medical professional.

Actually you should be able to check his license from NY too but I've got my mom'n ops meeting to go to.

~~EDIT: If he was ever licensed in the state of new york their professional licensing website does not have a record of it (or ~~~ my google fu is weak, licensing confirmed ~~~). Wonder if anyone were motivated to e-mail his listed alma maters what would happen...~~

[permalink](#) [embed](#) [parent](#)

▲ [-] **Rambalac** 9 points 1 year ago

▼ It does not matter. It's already fake. It's even not in legally required format, there is no even label 医師免許証

[permalink](#) [embed](#) [parent](#)

▲ [-] **bulldogdiver** [中部・山梨県](#) 7 points 1 year ago

▼ Whether the diploma is fake or not (or whether he just had a badly made copy done for the rubes who don't speak Japanese) is one thing. Whether he earned the degree or not is something entirely

Avoid Dr. Douglas Berger for therapy (x-post /r/japan) : japanlife

different. Claiming a credential you lack is one thing, posting a fake credential for something you do have is another entirely.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Amadan** [関東・東京都](#) 6 points 1 year ago

▼ I can vouch that the diploma looks legit. You get one nice golden one and a crappy black-and-white version; this is the latter one. I can't guarantee that it's not a high-resolution scan of another person's diploma with his name being replaced, but it *looks* correct.

As you say, though, it is immaterial: having a Doctoral degree means you have fulfilled the academic requirements. It does not mean you are helpful, altruistic, follow the Hypocratic Oath, good at communication, or any of the other ingredients that go into the "good doctor" mix. It also (AFAIK) does not certify you have undergone 医師国家試験.

[permalink](#) [embed](#) [parent](#)

[continue this thread](#)

▲ [-] **Umbo** [近畿・三重県](#) 8 points 1 year ago

▼ While I'm clearly not a fan of this guy, I highly doubt he's stupid enough to make a fake diploma and post it in his office. I'm guessing he posted an English version of the Japanese document for use on his English website.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Rambalac** 5 points 1 year ago

▼ And stamp is fake too.

[permalink](#) [embed](#) [parent](#)

▲ [-] **tokyohoon** [関東・東京都](#) 2 points 1 year ago

▼ Yeah, the stamp is totally fake. No university would allow the seal to go out crooked - it should be properly squared with rounded corners.

Not only that, it's not even from Todai....

[permalink](#) [embed](#) [parent](#)

▲ [-] **Amadan** [関東・東京都](#) 2 points 1 year ago*

▼ | Not only that, it's not even from Todai....

Not sure if kidding. Here is the Japanese version. The seal is the same, saying "東京大学大学院医学系研究科..."

EDIT: I'd left out 系

[permalink](#) [embed](#) [parent](#)

▲ [-] **Rambalac** 2 points 1 year ago

▼ See the difference with not fake one

https://www.google.com/search?newwindow=1&hl=en&q=%E6%9D%B1%E4%BA%AC+%E5%A4%A7%E5%AD%A6+%&tbm=isch&imgil=7_FZ8zBFEL0X9M%253A%253B8usLsCFX1bYMuM%253Bhttp%25253A%25252F%25252Fwww.counsellingtokyo.com%25252Ftherapists_jp.html&source=iu&pf=m&tbs=simg:CAESjAEaiQELEKjU2AQaAggDDAsQsIynCBpiCmAIAxIo1AfWB9U

Avoid Dr. Douglas Berger for therapy (x-post /r/japan) : japanlife

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XYmAX667DIDg#imgrc=gFevzvqAPVfpTM%3A

[permalink](#) [embed](#) [parent](#)

▲ [-] **Amadan** 関東・東京都 2 points 1 year ago

▼ Sorry, not sure what you're trying to show me with that Google search. Can you please describe what to look at? It seems totally legit to me.

[permalink](#) [embed](#) [parent](#)

[continue this thread](#)

▲ [-] **tokyohoon** 関東・東京都 2 points 1 year ago

▼ Fair enough then, the other document was missing the university logo.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Rambalac** 2 points 1 year ago

▼ Yeah, even my 3 month kyudo classes certificate has more accurate stamp.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Tannerleaf** 関東・東京都 5 points 1 year ago

▼ Bloody hell :-(

[permalink](#) [embed](#) [parent](#)

▲ [-] **Blebleman** 12 points 1 year ago

▼ Wow, this is turning into something the media would run.

I'd love to see this get the whole two-weeks-of-analyzing-SMS-conversations thing.

[permalink](#) [embed](#)

▲ [-] **bulldogdiver** 中部・山梨県 5 points 1 year ago

▼ Well now, maybe someone should release the hounds! I mean alert the media! Let's give poor Becky a break, she's been through enough and she's been a terribly good sport about it.

[permalink](#) [embed](#) [parent](#)

▲ [-] **KafkaDatura** 10 points 1 year ago

▼ My girlfriend dealt with him through 2 sessions, I pulled her out of this bullshit as soon as she told me what was said.

I would add that, on top of his very loose relationship to professionalism, the guy is a pure asshole. No consideration whatsoever for any notion of tact or sensitivity, completely uninterested.

As soon as my GF started doubting going on with the "therapy", he straight said that he would recommend someone else. I'm gonna say it straight : my GF's doubt was about taking the medication. Now I understand why.

Dr. Douglas Berger, I truly hope I will never cross your path. I pity the fools allowing you to provide for yourself through this scam of yours. You're a shame to your profession, and as you

proved in this thread, actually pretty dumb.

[permalink](#) [embed](#)

▲ [-] [iHeartKiritampo](#) 海外 8 points 1 year ago

▼ I'm sorry you had that experience. Sounds like a scam to me for sure. How are you doing now if I may ask, OP?

I had to turn to online counseling overseas. I couldn't find a doctor here that really worked with the issues I needed to discuss. Time difference sucks, but pricing is nice.

[permalink](#) [embed](#)

▲ [-] [masterakowski](#) [S] 2 points 1 year ago

▼ Doing fine, now that I've found a decent doctor, thanks. I can just see people in my position (and myself as well), going to the first therapist you can find that speaks English...which is why I had hoped this post would come up when you search for his name.

[permalink](#) [embed](#) [parent](#)

▲ [-] [na_nashi](#) 6 points 1 year ago

▼ I am an ex-client of his who gave a positive review in the past. Big mistake! Soon after I realized what everyone else warned me about. I strongly advice avoiding him.

I first contacted him for depression and at first he said I only needed medication not therapy (which actually was the case for me), but then once I found the right mix and wanted to reduce frequency of my visits, he completely changed his stance and told me I'd never be better without regular therapy sessions. Ironically, after the meds started kicking in, the only thing that made me depressed was see him!

[permalink](#) [embed](#)

[+] *[deleted]* 1 year ago* (1 child)

▲ [-] [kaiju12345](#) 4 points 1 year ago

▼ I just found the threads about this dude, and also posted here:
https://m.reddit.com/r/japan/comments/4cfz65/avoid_dr_douglas_berger_for_therapy/?sort=new

Okay, I just came across this thread and joined Reddit to put in my two cents. I am usually a pretty forgiving person, but people need to be warned about this guy. I wish this thread had existed when I was looking into therapy, it would have saved me so much time and money.

I went 3 times, even after the 'Dr' (and man do I use the term loosely) had disrespected me, insulted me and completely derailed the conversation during the first appointment to talk about himself. The 2nd and 3rd appointments were basically 30 minutes of him trying to remember 'which one' I was. Completely unprofessional.

Just in my circle of friends I know two other people who had the exact same experience with him. They are also women, so in addition to be terribly unprofessional he is also a giant misogynist. Avoid at all costs.

[permalink](#) [embed](#)

▲ [-] [Waluigi248](#) 近畿・大阪府 4 points 1 year ago

▼ I just saw this thread as the top thread on this sub. I also wanted to say that I have almost experienced him in a very bad way!

Last year I was in a bad place, and called him to try and set up a counseling session. I have never sought out a therapist before, and I wasn't sure what to say when I called him. He seemed incredibly rude and unprofessional. Again, I'm not sure if this is normal (my friends say it's not) but the only thing he told me about was how much his sessions would cost. And that he is

incredibly busy and he sounded almost pissed that I was talking to him and wanted to schedule an appointment with him. He seemed incredibly bothered by my call. I really have no idea if this is commonplace for therapists to just badger you about their cost. I said I'd have to think about it, and didn't reply to him. He e-mailed me saying he was too busy to fit me in, and then gave my info to his colleague Douglas Eames at his same center. Eames emailed me and sounded a tad bit nicer and more human, but at that point I had sorted out my problems by myself.

I really don't know if this was normal for therapists and other doctors but I had never experienced such harshness just from one simple call to make an appointment. After reading all the comments here, I'm really glad I didn't give him any money. I hope more people can see this thread before going to him!

[permalink](#) [embed](#)

▲ [-] **kaiju12345** 2 points 1 year ago

▼ That sounds about right...

[permalink](#) [embed](#) [parent](#)

▲ [-] **OwedDreams** 2 points 1 year ago

▼ I'd like to throw in my two-cents on the whole thing.

Nothing really too much to add except that I tried him out because he advertised "friendly and compassionate psychotherapy."

And while he was to some extent helpful, and I did learn some things about myself. I found him to be distant and distracted, as if I were just another item on his list or conveyor belt of clients.

Perhaps that suggests something negative about me, but given the cost, come feigned compassion would be nice.

Lesson learned, if a person has to advertise compassion, then said person is probably not going to be terribly compassionate.

[permalink](#) [embed](#)

▲ [-] **40sandfit** 3 points 1 year ago

▼ He also advertises "board certified," but there is NOTHING to suggest that he has completed his MOCs since arriving in Japan. I am willing to bet that that board certification expired years ago.

[permalink](#) [embed](#) [parent](#)

[+] **[deleted]** *comment score below threshold (3 children)*

[-] [deleted] 1 year ago

[deleted]

▲ [-] **Amadan** 関東・東京都 [M] 64 points 1 year ago*

▼ This "blog" does not violate any rules of Reddit, or this subreddit. One could argue that it goes against "personal information" rule, but the named individual is named as the public representative of a public company. There is no shilling (promoting own services) in comments going on, either. The only sock-puppeting that I can find evidence for here is *you*, given the uncannily similar comments left by /u/greenwine0 and /u/pplants.

EDIT: To whoever reported the parent comment, note that I will not take any action against /u/greenwine0, either. The comment made a request of the mods, and was denied; end of story, really. There is no rule against being factually incorrect. There is no point in deleting the comment (as it is not really breaking any rules, and as it is clearly unpopular, it would be pure

ensorship to do so), and there would be no point in banning the user (given that he'll likely just make a new account anyway if and when this topic pops up again).

[permalink](#) [embed](#)

▲ [-] **KafkaDatura** 12 points 1 year ago

▼ The more of his comments stay around, the more it will have a chance to be referred into google and lead to this kind of post about the man. Always the same internet rule : the more you wanna bury something, the more it'll bury you. Good modding.

[permalink](#) [embed](#) [parent](#)

▲ [-] **bulldogdiver** 中部・山梨県 39 points 1 year ago

▼ I hope you are better at medicine than you are at understanding what a blog is.

[permalink](#) [embed](#)

▲ [-] **[deleted]** 18 points 1 year ago

▼ From the multiple posts about him on this sub, indications are that he isn't.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Gryfer** 32 points 1 year ago*

▼ | then suggest their own services in the comments section

No suggestions in here, mate.

EDIT: Ha! You even created an *almost identical username* to make the same comment in another thread.

[permalink](#) [embed](#)

▲ [-] **smunchyblue** 19 points 1 year ago

▼ He's convinced it's a conspiracy, rather than a whole shitton of upset ex-clients. It's a little sad, really.

[permalink](#) [embed](#) [parent](#)

▲ [-] **bulldogdiver** 中部・山梨県 14 points 1 year ago

▼ If only there were a doctor who could diagnose such a disorder, we could send him to get the help he needs...

[permalink](#) [embed](#) [parent](#)

▲ [-] **smunchyblue** 9 points 1 year ago

▼ Careful, don't want to shill his competitors and/or our own services!

[permalink](#) [embed](#) [parent](#)

▲ [-] **WeDoTheWeirdStuff** 22 points 1 year ago

▼ Hi Dr. Berger!

[permalink](#) [embed](#)

▲ [-] **bulldogdiver** 中部・山梨県 13 points 1 year ago

▼ Hi Everybody!

[permalink](#) [embed](#) [parent](#)

▲ [-] **smunchyblue** 2 points 1 year ago

▼ Egad, it's uncanny.

[permalink](#) [embed](#) [parent](#)

▲ [-] **bulldogdiver** 中部・山梨県 2 points 1 year ago

▼ What, you went to Hollywood Upstairs Medical College too?

[permalink](#) [embed](#) [parent](#)

[-] **Washiki_Benjo** [中部・愛知県] 23 points 1 year ago

/u/greenwineO

| redditor for one hour

Future Warrior for peace and justice? Chance? Coincidence?

"Dr Berger" must have his google alert set to high. Berger is a know douche, threads come up about him every other month.

[permalink](#) [embed](#)

[-] **zerototeacher** 21 points 1 year ago

Dr. Berger, I'm so glad that more and more people are seeing you for what you are.

If you were actually helping people, we'd be hearing at least one "Well it was okay I guess" type comment. Even the crappiest eikaiwa jobs get this defense.

Where are the testimonials on how you've helped people? Instead you push pills at the drop of a hat without listening to what your clients have said. This is a consistent complaint. So are we ALL lying and conspiring to post negativity? The same person posting under different names? Or, is it more likely that we are actually telling the truth and seeing a lot of the same issues.

[permalink](#) [embed](#)

[-] **FogDucker** 9 points 1 year ago

| defamation

It's only defamation if it isn't true.

[permalink](#) [embed](#)

[-] **smunchyblue** 12 points 1 year ago*

"Multiple people in multiple threads have posted about being unhappy with the service I provide. *Those filthy liars must all be in on it.*"

[permalink](#) [embed](#) [parent](#)

[-] **FogDucker** 8 points 1 year ago

| doctor

inigo_montoya.jpg

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JAPANLIFE

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- Circlejerking or excessive trolling
- Rude, offensive, insulting, or otherwise anti-social behavior towards others
- Posts that have no context or any effort made to provide it.
- Off-topic content for this sub (ex. "what's my name in kanji", "pls recommend an anime")
- Spam (including self-promotion), links to explicit material, or malware
- Links to any blogs/vlogs, videos, or articles about Japan (news *and* clickbait)
- Posts from recently created throwaway accounts (<1 day) or suspected troll accounts (low or negative karma)
- Posts that are not marked NSFW when they should be

will be filtered or removed at the moderators discretion. Repeating offenders will be banned. Please report any posts that violate the above rules.

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- /r/teachinginjapan - For teachers past, present, and prospective
- /r/JETprogramme - Same as above, but for JETs
- /r/movingtojapan/ - Interested in moving to Japan? Try here first!
- /r/DIYJapan/ - like to do it yourself? In Japan? Go here!

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Sidebar image taken in Iizuka-machi, Fukushima-shi, Fukushima-ken by /u/miyagidan

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X


104 · 145 comments

What's something you've done in Japan that you're ashamed of?

[WE ARE NOT HERE TO HELP YOU FIGURE OUT HOW TO MOVE TO JAPAN /r/movingtojapan.]

This is an archived post. You won't be able to vote or comment.


Medical
Counseling in Tokyo - Questions and Recommendation Needed
(self.japanlife)
 45 submitted 7 months ago * by tokyodepression


 EDIT: Thanks to all about the warnings about Tokyo Meguro Clinic. I shall avoid it. Does anyone have any information about the issue I raised with regards to informing authorities and/or work place if they fear self harm or danger to others?

Hi

Throwaway for obvious reasons. Going through a messy divorce and feeling like a grade-A turd. I'm having some pretty dark thoughts (violence and self-abuse) and since I've had depression issues in the past, I would like to get some help. I don't have any impulse to act on those feelings. They are just always there. In the past, the worse it has ever manifested itself as is verbal outbursts and abuse usually coupled with excessive alcohol intake. I'm staying off the drink at the moment.

I did some research online and here and have found 3 potential sources of counseling.

Tokyo Meguro Counseling

Tokyo Counseling Services

Ikebukuro Counseling Center

Has anyone been to any or all of these places recently and have a recommendation of place or even a specific counselor?

Work is pretty much the only thing keeping me sane at the moment. I've read that all counseling stuff is kept private UNLESS there are issues of potential self harm or danger to others. I do not want to put my job at any kind of risk since it's the only stable point in my life right now. If I get counseling and tell them about my darker thoughts, would that immediately entail informing authorities or my work place?


I know I can get through this regardless. I'd just rather get some help, maybe some meds if necessary, that will help me deal with it in a faster and healthier way. I know if I deal with it on my own it will be a years-long process with tons of guilt, shame and self-loathing along the way. Professional help seems the better route but I'm worried that my work place will find out.

Any ideas and advice are welcome. Cheers.

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all 24 comments

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 [-] **dokool** 41 points 7 months ago*



Tokyo Meguro Counseling

Avoid avoid avoid. Douglas Berger's antics (xpost to japanlife) are well-known in the Japan subreddits and he has employed publicity services to attempt to scrub threads critical of him.

[permalink](#) [embed](#)

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[-] [tokyohoon](#) [関東・東京都](#) 30 points 7 months ago

Avoid Tokyo Meguro Counseling like the plague. Numerous posters here have had horrible experiences with Berger.

The other two are both, AFAIK, reputable.

<http://www.imhbj.org/> is another resource you may wish to look at.

[permalink](#) [embed](#)

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[-] [smunchyblue](#) 33 points 7 months ago*

Please avoid Meguro Counseling.

I was talked down to, talked over, pressured into an appointment I didn't want ("when can you come next?" "well, I'll have to check and-" "*when can you come next?*") and had drugs pushed on me within the first fifteen minutes of having met him. Drugs he cannot legally prescribe, incidentally. He writes a note to be taken to a doctor friend of his and *he* writes the scrip. After I got home, I realized I felt far worse than when I left and broke my appointment. Berger later called my home and emailed me, saying I was in denial about being depressed because I refused to see him or any of his suggested colleagues. I had to explicitly tell him to stop contacting me.

Later, when this very subject came up here, I made the mistake of being too specific about my experience with him and he found the (now deleted) post. Cue a string of emails in which he threatened to sue because I was apparently cyber bullying and cyberstalking him. Because commenting on a public forum about a public figure's publicly available services is cyberstalking, but sending multiple emails despite the receiver telling the sender to stop is not, I guess? He also waded into the comments, talking about how it was a dastardly plot to defame him and that I was clearly the original poster because both of our names have "blue" in them. Because that's how we all like to spend our time, right?

Regular users will probably notice that whenever his name comes up I come into the comments and say this. I get that this is repetitive, but I have a friend who ended up with him for a long while as a therapist and he reports that his progress was not only halted, it was pushed back. Your mental health is too important to risk, friend. Stay away.

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HIDE

▲ [What's something you've done in Japan that you're ashamed of?](#) (self.japanlife)

104 submitted 13 hours ago * by Zhanteimi [関東・埼玉県](#)

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41 submitted 2 days ago * by just-4-me
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42 submitted 5 days ago * by CorbinInJapan 近畿・京都府
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23 submitted 1 day ago by wntrm
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20 submitted 5 days ago by AutoModerator
▼ 426 comments share report

Comments, continued...

- ▲ [-] tree_beard420 11 points 7 months ago
▼ Mr meguro man if you're reading this, fuck you. Quit your job.
permalink embed
- ▲ [-] respectwalk 10 points 7 months ago
▼ I can obviously only speak for myself, but Tokyo Counseling Services was worth every penny. I was able to choose a therapist that understood me perfectly, was very patient (I never felt rushed) and made me feel like they were actually a professional in their field.
I had tried TalkSpace (online) for a few months before and let me say I'm extremely glad I found TCS and a good in-person therapist.
permalink embed
- ▲ [-] tokyodepression [S] 3 points 7 months ago
▼ Thanks for the recommendation. They are the most conveniently located clinic for me. How did you choose your therapist? Just from the bios on the website?
permalink embed parent
- ▲ [-] respectwalk 3 points 7 months ago*
▼ Yes. They can choose one for you or you can go through the bios, click for extended bios and choose yourself. I wanted to make sure I spoke with someone somewhat open minded so it was nice to see they weren't super old and that they'd studied and lived abroad for a while.
permalink embed parent

▲ [-] **tokyodepression** [S] 2 points 7 months ago

▼ Thanks :)

[permalink](#) [embed](#) [parent](#)

▲ [-] **smunchyblue** 3 points 7 months ago

▼ Seconding this. They do some solid work :)

[permalink](#) [embed](#) [parent](#)

▲ [-] **ainj** 3 points 7 months ago

▼ Thirthing. TCS helped me.

[permalink](#) [embed](#) [parent](#)

▲ [-] **Fuuko** 3 points 7 months ago

▼ Also had a positive experience with Tokyo Counselling Service a few years ago, would certainly recommend.

[permalink](#) [embed](#)

[+] *[deleted] 7 months ago (1 child)*

▲ [-] **losingprinciple** 3 points 7 months ago

▼ I went to a therapist who has a place in Roppongi.

Her name is Joanna Sato. You can find her name here: <http://www.imhbj.org/>

She was recommended to me by a relocation agent, and you can talk to her on Skype if you are not available to see her office. She listened to me and I liked her. I would have stayed with her had it not been for financial issues.

[permalink](#) [embed](#)

▲ [-] **mediatinker** 3 points 7 months ago

▼ TELL (Tokyo English Life line) offers counseling services in Omotesando.
<http://telljp.com/counseling/>

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- /r/JETprogramme - Same as above, but for JETs
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< > discussions in r/japanlife X

98 · 145 comments

What's something you've done in Japan that you're ashamed of?

[WE ARE NOT HERE TO HELP YOU FIGURE OUT HOW TO MOVE TO JAPAN /r/movingtojapan.]

This is an archived post. You won't be able to vote or comment.

 **[Medical]** **Good psychiatrist in Tokyo?** (self:japanlife)
 17 submitted 1 year ago by KingOfPrince

Been having more stress than I can handle lately and general lack of enthusiasm or energy for any thing I do , and I think it's gotten to the point that i should seek some for it for.

A quick Google search brings me to Doug Berger, but I have heard less than great things about him. I would like to avoid him if possible.


Im fine using Japanese speaking doctors, but would prefer English speaking when possible.

Thanks!

20 comments share report

all 20 comments


sorted by: **best**

 [-] **bulldogdiver** 中部・山梨県 21 points 1 year ago

I had to do a google search but the good Dr. Doug Berger is indeed someone we try to steer people seeking care clear of. I have no personal experience with the good Dr. but reviews are near universally negative and indicate someone who is if not outright breaking the law of Japan is stretching it to the very limit. I say near universal because the good Dr. seems to like to google himself and come attacking anyone who speaks negatively of him so I expect he'll be along shortly (and he obviously gives himself glowing endorsements).

[permalink](#) [embed](#)

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 [-] **[deleted]** 11 points 1 year ago

Avoid "Dr" Berger at all costs. The man is an embarrassment to the gaijin community, and is a sad pathetic loser who has clearly made a number of dramatic missteps in his professional career to end up bilking stressed English teachers out of their money for services that do not meet even the most basic professional standards.


If you need medication then you should find a Japanese psychiatrist. There are a few that speak English. However they don't seem to do much counselling.

For counselling TELL is a great place to start. Otherwise I've heard only good things about Tokyo Counselling Services in Shimokitazawa. I have no personal experience with either though.

Good luck.

[permalink](#) [embed](#)

[load more comments](#) (3 replies)

 [-] **tokyohoon** 関東・東京都 6 points 1 year ago

If you contact Tokyo English Life Line, they can refer you to counsellors.

If you need actual psychiatric care (medication), try NTT Medical Center Tokyo.

They have English speaking psychs on staff.

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- 27** [苦情 Weekly Complaint Thread - 07 September 2017](#) (self.japanlife)
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submitted 1 day ago by wntm
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Comments, continued...

[\[-\] moeru_gumi](#) [中部・愛知県](#) 5 points 1 year ago

I had a pleasant time with Kim Oswald and have recommended her to friends before. She also does Skype.

[permalink](#) [embed](#)

[\[-\] 40sandfit](#) 3 points 1 year ago

- ▼ Stay away. I repeat, stay away from him. He will disrespect you and make you feel like it's your fault you're depressed or stressed. It took me a long time to figure it out, but he is stranger danger with a few academic degrees.

[permalink](#) [embed](#)

- ▲ [-] [tokyo12345](#) 2 points 1 year ago

- ▼ there's a clinic in Mejiro that has English support <http://www.mejiro-sola.com/eng/aisatsu.html>

[permalink](#) [embed](#)

- ▲ [-] [\[deleted\]](#) 2 points 1 year ago

- ▼ +1 I went there and they are really good. Take care of you and price, compared to others is cheap (5000 yen for 1 hour therapie), 500 or 600 yen for just a psychiatrist. Psychiatrist is only there to give you a prescription for medicines, but first time you go there, you will have first an hour with a therapist to understand your problem (and I think the first session is free).

[permalink](#) [embed](#) [parent](#)

- ▲ [-] [v0w](#) 2 points 1 year ago

- ▼ **UNDER NO CIRCUMSTANCES CONTACT DOUG BERGER**

I can say from personal experience that the man is a scam artist. He only accepts payments by PayPal, which is clearly a way to avoid paying any taxes. I found him to be deeply unprofessional, insulting and derogatory. Not only that, he is a cast-iron racist and said disgusting things about the Japanese when I was in touch with him.

There are plenty of English speaking therapists in Tokyo, including Japanese clinics. Some may not have English language websites and it's unfortunate that you have come across this so-called Docs site because it is the most prominent in Google searches because it's in English.

Look in your local area first and if in doubt speak to your local doctor first for advice.

[permalink](#) [embed](#)

- ▲ [-] [MrStuff](#) 1 point 1 year ago

- ▼ Slightly hijacking this question, but similar to the above, does anyone know of any resources in Osaka?

[permalink](#) [embed](#)

- ▲ [-] [bulldogdiver](#) [中部・山梨県](#) 3 points 1 year ago

- ▼ Post a new thread - this is useful stuff for the community.

[permalink](#) [embed](#) [parent](#)

- ▲ [-] [\[deleted\]](#) 1 point 1 year ago

- ▼ Generally people with Osaka specific knowledge won't click on a thread titled "Tokyo" so you might be missing out on a decent answer by only posting here.

[permalink](#) [embed](#) [parent](#)

- ▲ [-] [smapattack](#) 1 point 1 year ago

- ▼ Best thing to do is probably find a therapist who'd be willing to Skype you from overseas. Japan really isn't there yet with therapy and helping people mentally...

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9/11/2017

Good psychiatrist in Tokyo? : japanlife

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COMMENTS

Visitors, welcome to Tokyo. Please post all questions in the questions thread.

This is an archived post. You won't be able to vote or comment.

10: AVOID Douglas Berger (self:Tokyo) submitted 2 years ago by veryveryblue [removed] 13 comments share report

all 13 comments

sorted by: best

[-] smunchyblue 46 points 2 years ago*

Berger's a fucking charlatan.

He told me within twenty minutes of meeting me that I needed to be on medication. I told him I wasn't comfortable with going on meds right off the bat (I'd already realized I didn't like or trust him) and really just wanted someone to talk to. He insisted multiple times and I refused. Reading what OP wrote, I'm glad I didn't let him drag me into it. Later, I mentioned the meds I'd been on before and that I had found them helpful. His comment on this was "but didn't you get chubby?" and a pointed look at my waistline. I kept trying to steer away from the subject of my weight and he kept going back to it until I snapped and told him I was fine with buying new pants if it meant not crying myself to sleep at night. He treated me like I was stupid the entire time. I didn't feel like he saw me as someone who needed help. It felt like he saw me as some broken idiot he needed to fix. The man uses the phrase "I understand" like "shut up so I can talk now." I heard this a lot during my session. He didn't even walk me to the door when my time was up. He basically just told me to leave.

He bullied me into another appointment I didn't want, which I cancelled by email when I got home and realized I felt worse than before. He called me at my home and tried to press me into seeing one of his presumably just as terrible doctor friends. I put him on speakerphone and my boyfriend was livid at how this man spoke to me. Berger told me I was "in denial about having depression." Despite going to him for depression in the first place. I finally cut him off and told him the reason I was canceling was that I found him condescending and unpleasant, and then I hung up on him. Honestly that was the best part of my entire interaction with the guy. Not an hour later I got an email from

Want to join? Log in or sign up in seconds. English

search

this post was submitted on 12 Oct 2014

103 points (98% upvoted)

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Tokyo

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Welcome to /r/Tokyo!

This subreddit is for news and information relating to Tokyo and the surrounding metropolitan area. This may include meetups or things that will effect Tokyo residents pleaseru

/r/Tokyo LINE Group chat group for locals and visitors

Tourists & visitors

Read the question thread before posting. Keep your questions and meet up post there. It serves as a centralized repository of our accumulated knowledge and a place to organize impromptu meetups. Generic tourist posted outside of the tourist thread will be removed.

- Tokyo Questions Thread
Tokyo Tourist Megapost Wiki
/r/JapanTravel - For all your travel needs in Japan
Check out A Redditors Guide to Tokyo!
An awesome map of things to do in Tokyo
How to stay out of trouble in Roppongi

Residents

Useful information.

- Tokyo English Life Line - Counseling Services
/r/Tokyoclassifieds/ - Sayonara sales and more.
/r/Tokyo Facebook Group

Food and Drink

- Tokyo Craft Beer Guide
Mexican Food / Burritos
Pizza, Pizza

Berger telling me that he didn't think that he was condescending, but that he "tells the truth." Apparently the truth is that he thinks his clients are idiots who cannot make decisions about their own mental health. I wrote him back saying that I was still going to see someone and that I would make it my business to never see him or anyone recommended by him, and that I never wanted him contact me again. Shockingly he left me alone after that.

(EDIT: This has changed. See below)

(edit: this section removed because it involves details from someone else's story about Berger. That's not my story to tell. Suffice to say, Berger fell asleep during a session a acquaintance of mine had. No refund.)

I went to Tokyo Counseling Service after this (someone else mentioned them here - they're seriously amazing) and my counselor actually apologized for his behaviour. Apparently they get a lot of Berger's angry ex-clients. It was actually a shock to be treated so kindly after the shitshow I'd left. I also got a longer session for about the same amount, if not less. And my counselor walks me to the door afterwards.

Never go to Douglas Berger. The best you'll get out of it is a lighter wallet and a story to tell people who are thinking of seeing him.

Edit: Berger just emailed me and asked me to take this comment down. Apparently he googles himself. Hello, Dr Berger.

Later edit: I'm not sure if anyone else is looking, seeing as this is technically a deleted thread, but I ended up getting multiple emails from Berger saying that he thought I'm OP (because both our names feature the word "blue" in them) and that I had better take my "blog" down. Also apparently the fact that there's a bunch of people in this thread who are unsatisfied with his services = conspiracy to discredit him and give attention to his competitors. Because that's how I spend my free time, clearly.

[permalink](#) [embed](#)

[–] [Fuuko](#) 19 points 2 years ago

Gosh, I'm so glad I didn't go to this guy when I was looking for a counsellor last year. He came up in my searches but I thought it was a bit strange that he had several sites under different names so went with these guys instead (who were excellent btw!). But yea, the website thing is enough to make him seem a bit dodge.

[permalink](#) [embed](#)

load more comments (1 reply)

[–] [iconicironic](#) 13 points 2 years ago

I had a similar experience. He's pushy and manipulative. A very unhelpful situation to find yourself in when you feel vulnerable. AVOID! Tokyo Counseling were excellent.

[permalink](#) [embed](#)

MORE COMMENTS

[HIDE](#)

[History of Tokyo Bay Infill \(map\)](#) (i.imgur.com)

- Burgers
- Ramen

Hi guys can you buy XXX for me and mail it to the US?

No. But these services would love to help for a fee. Tenso, BridGe.jp

Sub Rules and Guidelines

- Visitor and tourists questions go to the visitor's thread. Your post will be removed if you don't follow this rule.
- Check the sidebar, stickies, and SEARCH before posting - Many common questions have already been answered, the resources are here.
- Tourist meet up request and questions belong in the Tourist Post - Be sure to post your dates so others can see.
- Post the DATE in the title of Meet up post. - This is for group meet ups, *not for random request to hang out* (these are removed). Please message the mod team as well to have the meet up added to the sidebar/banners.
- Adhere to [reddiquette](#) - Please do NOT vote based on likes and dislikes, vote on whether something belongs or does not belong. Please give equal upvotes to those with different opinions.
- Keep post related to Tokyo and the surrounding area.
- Non Tokyo travel related questions should go to [/r/JapanTravel](#)
- No blogspam, vlog spam. Memes are welcome.

Meet Ups and Events

If you want to have a meetup posted here message the mods.

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Related Japan Subreddits:

- [/r/Japan](#) - General Japan Sub
- [/r/JapanLife](#) - For people living in Japan
- [/r/JapanTravel](#) - For visitors going to Japan
- [/r/JapanPics](#) - Post Japan pics here
- [/r/MovingToJapan](#) - Support for wannabe expats
- [/r/LearnJapanese](#) - learn to speak moon language
- [/r/JapanJobs](#) - Jobs in Japan
- [/r/TokyoMusicians](#) - for musicians in Tokyo

Japan local subreddits:

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- [/r/Nagoya](#)
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- [/r/Fukuoka](#)
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created by [shibuya246](#)

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submitted 3 days ago by biwook
7 comments share report

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x

14 · 7 comments



Stolen Bike - (Hirai, Edogawa-ku). Notify me if you see it!

35



Heads up: the Edo-Tokyo Museum will be closed for renovations from October 1st through March 2018 (edo-tokyo-museum.or.jp)

submitted 2 days ago by dokool
7 comments share report

25

Question How's Roppongi now? (self.Tokyo)

submitted 6 days ago by WolfofAnarchy
33 comments share report

21



Sharing My First Ever Tokyo Jazz Festival Experience (X-Post r/jazz) (medium.com)

submitted 6 days ago by RobertVandenberg
3 comments share report

19

Coworking space in Tokyo where phone calls are fine that's open until 1am? (self.Tokyo)

submitted 1 day ago by bkk123
5 comments share report

14

Looking for private area for few hours? (self.Tokyo)

submitted 3 days ago by jerryfox
11 comments share report

12

Why don't more companies set up office locations outside the Yamanote? (self.Tokyo)

submitted 16 hours ago * by AllNightNippon Local
21 comments share report

11

Other Looking for a nice quiet mountain hike outside of Tokyo (self.Tokyo)

submitted 3 days ago by WolfofAnarchy
27 comments share report

12



Stolen Bike - (Hirai, Edogawa-ku). Notify me if you see it! (i.imgur.com)

submitted 11 hours ago by reaperc
7 comments share report

7

Question Does anyone here enjoy heavy music? (self.Tokyo)

submitted 4 days ago by obeythegiant
25 comments share report

[~] PaprikaGirl Local 10 points 2 years ago

My gosh! I thought that name was familiar! I almost got reeled in myself! My schedule was too packed to make another appointment, and he pulled the same crap with me! I just ignored

him, and he went away, but he said and did exactly the same things!! Beware!

permalink embed

[-] **useless_taskbar** 8 points 2 years ago

Thanks. Good tip.

permalink embed

[-] **drawing_str8_lines** 9 points 2 years ago

Wow! I went to this guy too! I thought he was nice enough, but like others have posted here, he suggested meds on my first visit, which I declined. He didn't push it, though.

I went twice; the first time, I told him my issues, and the second time, he reviewed what we talked about in the first visit. I didn't think it was unreasonable to confirm those things, but it did take some time, and we didn't really seem to cover much new ground in the second visit. I haven't been back, but I had sort of a neutral opinion about him, neither positive nor negative. These posts are interesting, though I still don't believe he's actually 'evil.'

permalink embed

[-] **moniseven** 6 points 2 years ago

Just wanted to mention <http://www.telljp.com/> They held a couple of fundraising events at my local pub and a few friends highly recommended them.

permalink embed

[-] **pplants** -3 points 2 years ago

This page is a defamatory post about a doctor by persons who are known to have done this repeatedly on the internet then promote their service.

The poster starts the blog with a negative post and then removes it leaving the title there purposely. Then they bash the doctor and at the end leave a note about their service: Tokyo Counseling, this clinic is then promoted in the next 3 posts as well. 2-3 non related posters then make a post. The blog looks plausible but you need to see the 4 posts plugging the Tokyo Counseling center.

This is a salacious posting and an ad for the poster: its the "bash your competitor, make a few testimonials" method.

permalink embed

[-] **zedrdave** 6 points 2 years ago

Oh yea, talking of astroturfing: every single one of the commenters on this page has a long and credible posting history, **unlike you.**

Whatever pressure may have been put on OP to remove their story, I have no trouble believing it, in light of all the other commenters (who once again would have to be part of an incredibly intricate conspiracy, considering most of them have been posting for months/years).

You, on the other hand...

permalink embed parent

[-] **pplants** -4 points 2 years ago

Thank you zedrdave, this is a good point. If you notice though, the original poster's account (veryveryblue) is only

2 days old and they have only 1 post (that they quickly deleted). This gives credence to the theory that this thread was started by someone intending to discredit one service and promote another.

You may also notice the word "blue" in the account name of both the OP and longest defamatory comment:

permalink embed parent

[+] *pplants* comment score below threshold (0 children)

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JAPANLIFE

comments

other discussions (1)

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search

this post was submitted on 05 Jul 2017
208 points (99% upvoted)
shortlink: <https://redd.it/6lccod>

username password
 remember me reset password login

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Ask something (after you search)

japanlife

[subscribe](#) 25,613 readers

156 users here now

/r/japanlifeへようこそ!

This is the subreddit for people who are both settling and living in Japan. This sub covers everything from visas to housing to hobbies, and more.

**WE ARE NOT HERE TO HELP YOU
FIGURE OUT HOW TO MOVE TO
JAPAN /r/movingtojapan.**

SUB RULES

- 1. **SEARCH BEFORE YOU POST!!!!** Your question may have been already been answered,

either in an earlier post or in our wiki. ***If you ask a question that has been answered, especially recently, it will be removed. Reddit's internal search function is not ideal, go to Google, type in your keywords plus this - site:reddit.com/r/japanlife***

1a. This subreddit is for people who live in Japan. If you don't live in Japan, please don't ask questions in this subreddit.

1b. No, you are not the first person to ask a question about finding a job, cellphone provider, or visa. There is also a 95% chance that someone has already asked it, which is why you should search for it first.

1c. If you see old, outdated, or missing information from the wiki, please feel free to contribute!

2. To maintain optimal sub quality, we have a /u/AutoModerator-based filter that categorizes certain posts and prevents spam. The filter is not perfect, and sometimes your post or comment may get stuck in the filter. If it's been at least **one hour** and you still can't see your post, please message the mods, and if it doesn't break the rules, we'll approve it.

3. This is a family-friendly sub. Please follow standard reddiquette when posting. Posts that have any of the following features:

- Brigading or other excessive circlejerking (if we have to explain this you're probably already banned).
- Personal information (ex. social media accounts, home addresses, personal phone numbers)
- Circlejerking or excessive trolling
- Rude, offensive, insulting, or otherwise anti-social behavior towards others
- Posts that have no context or any effort made to provide it
- Off-topic content for this sub (ex. "what's my name in kanji", "pls recommend an anime")
- Spam (including self-promotion), links to explicit material, or malware
- Links to any blogs/vlogs, videos, or articles about Japan (news *and* clickbait)
- Posts from recently created throwaway accounts (<1 day) or suspected troll accounts (low or negative karma)
- Posts that are not marked NSFW when they should be

will be filtered or removed at the moderators discretion. Repeating offenders will be banned. Please report any posts that violate the above rules.

4. We're not craigslist, so if you want to make a for-sale post, this is not the place to do it. If you think your salable item is of particular relevance to the community, please do message the mods first!

Information for emergencies

Local subreddits

- /r/Tokyo
- /r/Nagoya
- /r/Kyoto
- /r/Osaka
- /r/Fukuoka
- /r/Okinawa

Related subreddits

- /r/japan - Anything Japan-related
- /r/japannews - News about Japan
- /r/japantravel - Travel in Japan
- /r/japanpics - Pictures of Japan
- /r/LearnJapanese - Japanese language learners
- /r/veganinjapan - Vegans living in Japan
- /r/teachinginjapan - For teachers past, present, and prospective
- /r/JETprogramme - Same as above, but for JETs
- /r/movingtojapan/ - Interested in moving to Japan? Try here first!
- /r/DIYJapan/ - like to do it yourself? In Japan? Go here!

See the full list of Japan-related subreddits here.

Sidebar image taken in Iizuka-machi, Fukushima-shi, Fukushima-ken by /u/miyagidan

Style created by /u/tokyohoon

created by ninjin a community for 7 years

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- MikamiJP 関東・神奈川県
- helpfuljap
- bulldogdiver 中部・山梨県

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< > discussions in r/japanlife x

20 · 18 comments

/u/helpfuljap is coming to Tokyo. Good a reason as any to get drunk. ;D

[WE ARE NOT HERE TO HELP YOU FIGURE OUT HOW TO MOVE TO JAPAN /r/movingtojapan.]

▲ XPOST with /r/Japan - our annual PSA: Stay away from "psychiatrist" Doug Berger
 201 (reddit.com)
 ▼ submitted 2 months ago by bulldogdiver 中部・山梨県
 25 comments share report

all 25 comments

sorted by: best

▲ [-] **bulldogdiver** 中部・山梨県 [S,M] [score hidden] 2 months ago* - stickied comment

▼ Previous threads involving the good "Doctor"
 On /r/japanlife.
 On /r/japan.
 Douglas Berger's attempt at damage control. Love the first comment.
 And the good "Doctor" has previously hired agencies (most recently <http://www.reputation.ca>) to try to get anything posted about him removed from /r/japanlife and /r/japan. Unfortunately (or fortunately) they don't understand how reddit works (ie we're moderators not admins so our powers are severely limited). More to the point they wouldn't send me a pony or an iguana so fuck 'em all the reviews of dissatisfied patients about Dougie stay.
 permalink embed report

load more comments (9 replies)

▲ [-] **chichinochi** 21 points 2 months ago

▼ Isn't there somewhere or someway that we can report him to the authorities? I still don't understand how his practices are legal, he's not a medical professional.
 permalink embed report

load more comments (8 replies)

▲ [-] **SuperchargedJesus** 13 points 2 months ago

▼ In b4 Dougs alt account shows up to call this a smear campaign run by his competition.
 permalink embed report

MORE COMMENTS

More from r/japanlife

HIDE

▲ Visa My Boss wants me to pretend I resigned. (self.japanlife)
 59 submitted 2 days ago * by kitsukitkat
 ▼ 72 comments share report

▲ Foreign kids adjusting to life here (self.japanlife)
 41 submitted 5 days ago * by just-4-me
 ▼ 33 comments share report

▲ Visa No one ever hires former CEOs - what to do? (self.japanlife)

- 33 submitted 1 day ago * by mewcatkat
69 comments share report
- ▲ 賞賛 Weekly Praise Thread - 08 September 2017 (self.japanlife)
27 submitted 6 days ago by AutoModerator
383 comments share report
- ▲ What are your plans for Financial Independence? (self.japanlife)
27 submitted 4 days ago by wntrm
124 comments share report
- ▲ Quitting like an a**hole and the visa question (self.japanlife)
20 submitted 5 days ago by Throwaway5645432
62 comments share report
- ▲ 7(ツ) Bi-Weekly Stupid Questions Thread - 10 September 2017 (self.japanlife)
19 submitted 4 days ago by AutoModerator
265 comments share report
- ▲ Advice For Working At A Shochu Bar (self.japanlife)
18 submitted 1 day ago * by T1DinJP
39 comments share report
- ▲ 週末 Weekly Weekend Thread - 11 September 2017 (self.japanlife)
18 submitted 3 days ago by AutoModerator
339 comments share report
- ▲ 善情 Weekly Complaint Thread - 14 September 2017 (self.japanlife)
18 submitted 20 hours ago by AutoModerator - announcement
953 comments share report

Comments, continued...

- ▲ [-] tokyohoon 関東・東京都 16 points 2 months ago
▼ Is this where we start making jokes about the Doug life?
permalink embed report
- ▲ [-] bulldogdiver 中部・山梨県 [S] 10 points 2 months ago
▼ Like he didn't choose the Doug Life, the Doug Life chose him?
permalink embed parent report
- ▲ [-] OldCrypt 6 points 2 months ago
▼ Go for it!
Or,
As young-people communicate it currently:
Go 4 it (exclamation mark assumed, because, you know, *assumed*)
permalink embed parent report
- ▲ [-] bulldogdiver 中部・山梨県 [S] 2 points 2 months ago
▼ Did you just assume it's punctuation?!?!?
permalink embed parent report
- ▲ [-] OldCrypt 2 points 2 months ago
▼ Of course! I wanted to make an |ass| out of |u|, yeah...that's |me|!
permalink embed parent report
- ▲ [-] jinbeizame 沖縄・沖縄県 2 points 2 months ago
▼ Conversely, I had a really pleasant, long-standing connection with Lil Wills. We had Skype calls once every few weeks for IIRC 8000yen for 50 minutes. She was one of the only counselors other

than Kim Oswald to be recommended for LGBTQ people, and Kim is forever overbooked. Recommend both of them, though, for peeps who don't wanna talk to a straight dude~

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