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Doctor, Doctor: A True Story Of Obsession, Addiction And Psychological Manipulation



Synopsis

"Best of 2014" Award from "Suspense Magazine" As much a well-crafted mystery as a memoir, *Doctor, Doctor* is a detailed study in the ways we fool ourselves while in the pursuit of something we want or think we want. Raised in a dysfunctional 1950s family and restrained for years by a marriage of convenience, Susan takes a big leap into the world as a single woman. Although smart and successful in a controlled and stable workplace, she has been taught since childhood to substitute her own judgement for that of others, leaving her naïve, gullible and ill-prepared to effectively manage the complexities of her new life. When Susan meets Mark, a charismatic and charming doctor, she thinks she has found the kind of love and passion she has longed for. But things are not as they appear with Mark, and slowly she becomes aware of the deceptive life he is leading. Seeking counsel and solace in a trusted therapist, she encourages Mark to accompany her to a session. The three year odyssey begins with intense therapy - appointments orchestrated by a psychiatrist who develops a personal stake in the couple's progress. Secrets, lies, and silent pacts draw Susan, inexperienced and trusting, deeply into Mark's treatment plan. The shrewd therapist's unorthodox and manipulative schemes break all the rules, taking Susan into a world of drama, deceit, betrayal, and an excruciatingly close encounter with the law - an encounter that forces her to choose between saving Mark or saving herself.

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Customer Reviews

A debut cautionary memoir, "Doctor, Doctor: A True Story of Obsession, Addiction and Psychological Manipulation" is a unique and rare look into the psychological medical profession. Author Merry Freer narrates the story of Susan, who was deeply involved in an ongoing long therapeutic relationship with her manipulative psychiatrist Dr. J, and her physician addict boyfriend Mark. It was obvious from the start that psychotherapy patients do not always make the best decisions regarding their problematic lives. Susan was seemingly immature and dependent, lacking in self-esteem and awareness, and was unable to make healthy and rational life choices. This made her an easy target for her unethical psychiatrist Dr. J who exploited her weakness and vulnerability, and was able to manipulate and control her personal life and also those connected to her. Susan's former husband Patrick was a patient of Dr. J, and Susan's new strikingly handsome boyfriend Mark soon joined her in costly individual and joint therapy appointments. Mark was a divorced father of a son, a serial cheater, liar, and addicted to the pain medication he obtained by writing illegal prescriptions for friends and relatives. It was shocking that Dr. J was able to convince Mark and Susan that he alone would be treating Mark for his addiction instead of the standard practice of referring him to a rehab facility. Dr. J also controlled their sexual relationship instructing abstinence, and Susan to search Mark's home and belongings for drugs. During this time, Mark was involved with multiple affairs, and Susan was heartbroken. Later on, Susan would discover that Dr. J had numerous issues and problems of his own, and his practice was under investigation.

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