

Dr. Katz, the former responded, "We're very alike, except I'm not a good listener and people don't like to confide in me."

Another thing that distinguishes the real Jonathan Katz is his high comfort level with technology, since he says he has been prowling the Web regularly for the last couple of years. (He occasionally even works high-tech hardware into his stand-up routine: "My wife's parents are Orthodox Jews. They have two sets of satellite dishes.") He says his favorite activity is ego-surfing: "I type in my name and look for myself. It's fun, but it's lonely." But even this harmless diversion is complicated by the fact that the world harbors at least one other high-profile Jonathan Katz, "a gay playwright in San Francisco." Katz also likes to visit search engines and plug in the names of people he has lost track of—but, the warily married comic says, "I try not to use the expression 'old girlfriends.' When they first get married, men have this crazy notion that their wives will be friendly with their ex-girlfriends. It's not true."

You might think, since he has so many hip celebrities on his show, that Katz would prepare himself by checking out their doings, official and unofficial, in cyberspace. But you would be wrong: "I'm one of the first guys I know who had the courage to say to people, 'I don't want to check out your Web site.'" Katz says he'll stay in touch with guests via e-mail occasionally, but he hasn't had much success dropping in on fan pages ("I once visited a Janeane Garofalo site, and I was asked to leave"). All in all, Katz says, "My interests are very strange and varied. There was a time when I was obsessed with electric bikes. It's a bike for a guy who wants to get in shape very gradually."

A man of many talents (besides riding electric bikes, that is), Katz's latest venture is a daily "Dr. Katz" comic strip, which appears in various newspapers across the country and includes a URL for Comedy Central's official Web site. But unlike Scott


Adams's "Dilbert," Katz won't print his personal e-mail address, which remains a closely guarded secret. "When it comes down to it," he says, "I'm not that adventurous."

It's the kind of thing that would make Sigmund Freud rotate at 78 rpm, but thanks to relentless advances in modern technology, it is actually possible to receive intensive psychotherapy via e-mail. Whether or not this works is debatable—heck,



Our cover star Lisa Kudrow meets Dr. Katz

"I'm one of the first guys I know who had the courage to say to people, 'I don't want to check out your Web site,'"

whether or not real-time therapy works is debatable—but a quick search of the Web shows that there is no lack of practitioners with time on their hands and high-speed modem connections. Many of the cybershrinks in the sidebar to the right charge big bucks for their virtual services, and consider this: if you're wary about transmitting credit card information over the Internet, why in the world would you e-mail that recurring dream in which you're being chased by spear-carrying Amazons? 

## Cybershrinks

### ASK DR. LOVE

[www.askdrlove.com](http://www.askdrlove.com)

Specialty: Well, duh. Qualifications: Dr. Love (aka Dr. Jamie Turndorf) is a syndicated advice columnist. Pitch: "My scientifically proven techniques have helped thousands of couples navigate the minefields that destroy most relationships."

### DR. G PSYCH-LINK

[www.drgpsychlink.com](http://www.drgpsychlink.com)

Specialty: "Any dilemma related to life's experiences." Qualifications: Dr. G (aka Gary Bresee, Ph.D. Inc., "A Psychological Corporation") is a "nationally known psychologist with colleagues in a wide variety of areas." Pitch: "Remember, professional help for your problems is at your fingertips or just a short phone call away."

### HEADWORKS:

#### ADVENTURES IN INNER SPACE

[www.headworks.com](http://www.headworks.com)

Specialty: "Your mind and how it works." Qualifications: None, apparently. "This is a small site, maintained by a staff of one guy in Calverton, Maryland." Pitch: "If you choose to use this site to improve your life, your success, or lack thereof, [it] is entirely your responsibility."

### PSYCH-TALK

[www2.psych-talk.com/psych-talk](http://www2.psych-talk.com/psych-talk)

Specialty: the "real you" ("The average person is authentic only 5 percent of the time"). Qualifications: David J. French, Ph.D., is "an experienced clinical psychologist and corporate consultant on the human condition." Pitch: "Psych-Talk's director has created a new theory and model of personality that explains why we act the way we do."

### THE ROAD

[www.theroad.com.hk](http://www.theroad.com.hk)

Specialty: "Coping with life's problems and pain." Qualifications: Hong Kong-based Alec Gore is a "Certified Practitioner of Neuro-Linguistic Programming." Pitch: "We are all traveling on a journey through life....Like any road, it has its ups and downs, twists and turns, potholes and obstructions."