

Joint Event

# 37<sup>th</sup> European Cardiology Conference

33<sup>rd</sup> International Congress on

Prevention of Diabetes and Complications

5<sup>th</sup> World Congress on

Psychiatry & Psychological Syndromes

October 31, 2022

Webinar

Erica Rowan, Gen Med 2022, Volume 10

## Women's psychiatry, PTSD

**Erica Rowan**

USA

**Overview:** I was given the option to present, speak and be interviewed about MY EXPERIENCE as a woman with PTSD. I will not be talking in great detail about my trauma, moreso, the survivalism and spiritual pilgrimage it took for me to survive.

### Goals

1. To inform people all over the world about what it is like for women like me in the American midwest.
2. Convey honesty and integrity, and explain in the greatest ways I know how.

Here are the two options I had loved ones write for me to use as a biography. You can pick which one I use, or I would love to use both!

Erica Rowan has had a life of challenges and evolution. From our intersection, I saw Erica as a sensitive fighter. She hungered for authentic relationships and life experiences that would fortify her foundation and expand her perspective.

Erica is an artist. She seeks to capture meaning and emotion with clever impact.

Erica is a granddaughter, daughter, niece, sister, cousin, girlfriend and aunt. She deeply loves her family and has researched her Irish ancestry.

Erica is a doppelgänger for Elizabeth Taylor, especially from International Velvet.

Erica has deeply held belief which is strengthening her future opportunities. And this passion is percolating just below the surface. When it is ready to be expressed, Erica will abound in creativity and impact.

### Biography

Erica Ray Rowan is a 24 year old woman from Omaha, NE currently residing in Minneapolis. She is an advocate for all, and uses her voice as well as her writing to speak up for others struggling with mental health and/or addiction issues.

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