

Dr Roxana Irimia MD

Psychiatrist. Author.

Writing about women, minds, bodies, medicine and the things we get wrong about them.

Location	Melbourne, Australia. Available internationally for speaking and media enquiries.
Book project	Woman, Always. Current manuscript and forthcoming book project.
Newsletter	The Second Opinion. Letters for the woman who is tired of being misread.
Media contact	dr.roxanadaniela2@gmail.com
AI chat	https://www.delphi.ai/dr-roxie/call
Website	https://woman-always-insights.lovable.app/media-kit

This media kit is for journalists, publishers, producers, festival programmers and event teams. It contains public wording only. It does not claim third-party reviews, major media appearances, bestseller status, representation or publisher deals.

Biography

Short bio

Dr Roxana Irimia MD is a psychiatrist and author based in Melbourne, Australia. She writes about women, minds, bodies, medicine and the things we get wrong about them.

Long bio

Dr Roxana Irimia MD is a psychiatrist and author with twenty-five years of clinical practice in Melbourne. Her writing sits at the intersection of women's mental health, midlife cognition, neurodiversity and identity. Her forthcoming manuscript *Woman, Always* brings this territory into a wider public conversation about how women are read by medicine, work, family and culture.

Her psychiatric training provides the authority beneath a larger public body of work. Dr Irimia is available for keynote, conference, festival, podcast, television, radio, panel and interview enquiries.

Credentials

MD, Doctor of Medicine, University of Melbourne
 FRANZCP, Fellow, Royal Australian and New Zealand College of Psychiatrists
 AHPRA-registered consultant psychiatrist

Speaking Topics

Available talks and proposed topics can be shaped for conferences, literary festivals, women's events, medical audiences, corporate audiences, podcasts, panels and interviews.

Why High-Performing Women Suddenly Stop Recognising Themselves

A clinical and cultural map of the midlife female brain, written for women already at the top of their field.

The Midlife Female Brain. What We Keep Missing

On the neuroscience of forgetting, the endocrinology of mood, and the gap between what women report and what medicine is trained to hear.

Beyond Resilience. A New Map for High-Performing Women

A proposed talk on what comes after burnout, and why resilience can become an instruction to endure more.

The Invisible Load. Women, Leadership & Cognitive Overload

On cognitive labour, leadership, the nervous system and the structural cost of carrying everything.

Press-ready quotes

These lines are provided as quotable positioning from Dr Irimia. They are not third-party reviews, media endorsements or published praise.

"I write about the women who were called anxious, difficult or exhausted when the system did not have a language precise enough for what was happening."

Dr Roxana Irimia MD

"Midlife is not a loss of self. It is often the first moment the full pattern becomes visible."

Dr Roxana Irimia MD

"The problem is not that women are hard to read. It is that medicine, work and culture have too often been taught to read them incompletely."

Dr Roxana Irimia MD

Interview Territory

The midlife female brain. Women and medicine. Hormones, identity and cognitive change. ADHD in high-functioning women. Burnout, overfunctioning and being misread. The invisible load. Language, evidence and the female body.

Book Status

Woman, Always is the current manuscript and forthcoming book project from Dr Roxana Irimia MD. Publisher, publication date, preorder links, reviews, rights information and event dates are to be announced when confirmed.

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