

# ALAN COWEN

AVAILABLE FOR EMS PODCAST INTERVIEWS

## Retired LAFD Paramedic Chief

*“Paramedic Chief - Extraordinary Experiences from the Streets of Los Angeles”*



After more than three decades on the front lines of Los Angeles emergency response, Alan Cowen offers firsthand insight into how EMS evolved from chaos to professionalism — and what today’s medics must understand about leadership under pressure. Throughout his career, he responded to major vehicle accidents, earthquakes, civil unrest, and countless life-and-death emergencies while helping shape the evolution of modern EMS in Los Angeles.

In his memoir, *Paramedic Chief*, Alan shares firsthand accounts from the streets and the command centers — offering perspective on leadership under pressure, the emotional weight of critical calls, and how the profession has transformed across generations. He brings humility, clarity, and real-world experience to conversations about resilience, service, and mentorship.

### INTERVIEW TOPICS

- Leadership under pressure in high-stakes emergencies
- How EMS transformed from the 1970s to today — and what we’ve lost along the way
- The calls that never leave you — and how medics carry them
- Mentoring and developing future EMS leaders
- The human side of emergency response
- Managing chaos while maintaining professionalism

### SAMPLE QUESTIONS

- What call changed you as a leader?
- How has EMS changed the most during your career?
- What do young paramedics need to understand about leadership?
- How do first responders carry the emotional weight of the job?

### ABOUT THE BOOK

*Paramedic Chief – Extraordinary Experiences from the Streets of Los Angeles* chronicles the development of modern EMS through firsthand accounts from one of the country’s most active emergency systems.

AVAILABLE FOR VIRTUAL OR IN-STUDIO INTERVIEWS

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