

Cedar R. Koons, MSW, LCSW

P. O. Box 62

Dixon, New Mexico 87527

505-474-4480 office

www.cedarkoons.com

cedar@cedarkoons.com

Education and Licenses

B.A., English, Duke University, 1971

MSW University of North Carolina at Chapel Hill, 1993

LCSW 1995

Certified DBT therapist, Linehan Board of Certification, 2016

Current Employment

Owner, Cedar Koons Consulting and Psychotherapy

Trainer and Consultant, Behavioral Tech, LLC since 1995

Mindfulness Speaker and Retreat Leader

Previous Employment and Roles

Co-founder and Team Leader, Santa Fe DBT, LLC 1998-2016

Private psychotherapy practice in Santa Fe, New Mexico 1998-2016

Treasurer, International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT) 2010-2018

Clinical Director, Dialectical Behavior Therapy (DBT) program, Women Veterans Comprehensive Health Center, Durham VA Medical Center 1995-1998

Supervisor, Dialectical Behavior Therapy elective for third year psychiatry residents at Duke University Medical Center 1995-1998

Sexual Trauma Treatment Team, Women Veterans Health Advisory Board 1995-1998

Executive Director, Marie Institute (now Linehan Institute), a nonprofit corporation. 2001-2003

Retreat Assistant to Marsha Linehan, Roshi, Marie Institute Zen retreats 2001-2014

Social Worker and Instructor, Department of Psychiatry, Duke University Medical Center and Behavioral Sciences Inpatient. 1993-1994

Poet in residence, Cultural Services Program, (CSP), Duke University Medical Center 1990-1994.

Owner of Rainbow Water Service, a bottled water delivery service. 1978-1990.

Trainings, Workshops, Lectures since 1995

Systems Implementations, DBT

Crestwood Behavioral Health, Sacramento, California

Intensive Trainings, DBT

Co-Leader, ten-day intensive DBT trainings for Behavioral Technology Transfer Group in Seattle, Washington, Rochester, New York, Southern Illinois and Newton, Kansas.

Leader, ten-day intensive, Santa Fe, New Mexico, Albuquerque, New Mexico, Baltimore, Maryland, Fairfax County, Virginia, Cincinnati, Ohio, Detroit, Michigan, Rochester, New York, Salt Lake City, Utah, San Diego, California.

Leader trainer at Foundational 5 day training, Salt Lake City, Utah.

Two Day and Advanced Workshops, DBT

Albuquerque (4), Atlantic Beach, NC, Boston, Cincinnati, Cleveland, Columbia SC, Columbus, Fort Worth, Greensboro, Greenville, NC, Houston, Lancaster, PA, Las Vegas (2), Milwaukee, North Central Illinois, Phoenix, Pomona, Raleigh, Rochester, San Diego, San Francisco, Santa Fe, Silver City, NM, Syracuse, Taos, and Wichita.

International Two Day Trainings-DBT

Brisbane, Melbourne and Perth, Australia, Montreal, Canada and Yokusuka, Japan.

One Day Workshops-DBT, CBT

Albuquerque (8), Charlotte, Durham, Las Cruces, Minneapolis, St. Louis, San Antonio, Santa Fe, Stockton, Taos, and Winston-Salem.

Mindfulness Trainings

Mercy Hospital, Mason City, Iowa, and two day training with Dr. Linehan, Denver, Colorado.

Mindfulness Retreats (Assistant to Marsha Linehan, Roshi)

Santa Fe, New Mexico, 2000, Pathless Path, Tucson Arizona, 2001-2010, Seattle, Washington, 2007-2011.

Mindfulness Retreat, Leader, sponsored by Portland DBT Institute since 2016.

Mindfulness Webinars, sponsored by Evidence Based Practice Institute of Seattle, 2017-2018.

Lectures and Grand Rounds

Panelist, New Research and Adaptations of DBT at International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Toronto, 2011.

Panelist, New Research and Adaptations of DBT, at International Society for Improvement and Teaching of Dialectical Behavior Therapy, Chicago, 2006.

Workshop Presenter, New Mexico Children's Law Institute, "Promising Treatments for Juvenile Justice" Albuquerque, New Mexico 2006
Keynote Speaker, Presbyterian Medical Services statewide meeting, "Dealing with the Difficult Patient." Albuquerque, New Mexico 2003
Workshop Presenter, "DBT Skills in Rural Mental Health," National Association for Rural Mental Health Conference, Santa Fe, New Mexico 2002
Discussant, panel on current DBT research, International Society for Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT), New Orleans, 2000.
Moderator, panel discussion "DBT Research: Implementation Problems" for International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT) New York 1999
Master Clinician Class for NASW-NM annual meeting, Albuquerque, New Mexico, 1999, and 2001.
Guest Lecturer, Southwestern College, Santa Fe, New Mexico, On treating personality disorders with behavioral treatment, 1999, 2000.
Presenter "Efficacy of Dialectical Behavior Therapy with Women Veterans," panel discussion at Association for the Advancement of Behavior Therapy Annual Meeting, Washington, D.C. 1998
Discussant, Psychiatry Grand Rounds at Duke University Medical Center, Case Conference on "Treating Borderline Personality Disorder "1998
Presenter, "Cool in the Crucible, Why So Much Interest in DBT?" for Social Work in the 90's, the Challenge of Change," sponsored by Duke University Medical Center. 1997
Lectures on "Issues of Sexual Trauma and the Woman Veteran," for veterans groups, rape crisis centers, domestic violence prevention groups, homeless shelters, interagency councils, family counseling centers, and alcohol and drug treatment centers throughout North Carolina 1994-1998
Four-week seminar "Practice Friendly Research" for the Department of Social Work, Duke University Medical Center. 1993
"Dealing with the Difficult Patient" a lecture for each group of internal medicine interns beginning their rotations at the Durham VA Medical Center 1994

Consultations 1997-2010

Women Veterans Comprehensive Health Center, Minneapolis, Minnesota 1998
Mental Health and Retardation Services, Boston, Massachusetts 1999
State of Illinois Division of Mental Health Services 1999
Pikes Peak Mental Health Center, Colorado Springs, Colorado 1999
Santa Fe Community Guidance Center 1999
Taos/Colfax Community Mental Health Center 2000
Division of Vocational Rehabilitation, State of New Mexico 2000-2005
St. Vincent's Hospital, Santa Fe, New Mexico 2002
Rusk State Hospital, Rusk, Texas 2000
Forensic Health Services, Grants Women's Prison, Grants, New Mexico 2002
"From Chaos to Freedom" video series, NIMH (2 R42 MH58942-02)
"Don't Make it Worse!" computer-based learning DVD, NIMH (1R43 MH65790-1A1) and NIDA (1R43 DA015615-01) 2002

Las Cumbres Community Services, Community Infant Program, Santa Fe, NM 2002-2005
Hogardes Community Services, Albuquerque, NM 2002-2004
Desert Hills Residential Treatment Center, Albuquerque, New Mexico 2009-2015
Lucena Family Services, Dublin, Ireland since 2015
University of Athens Medical Center Eating Disorders Program, Athens, Greece 2013-2016
Memorial Regional Hospital, Miami, Florida 2012-2107
Gouvernuer Health Services, New York, New York 2018

Publications

Koons, CR (2021) DBT beyond stage 1: an overview of stages 2, 3, and 4 in *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings 2e*, Edited by Dimeff, Rizvi & Koerner, Guilford: New York.

Koons, CR (2016) *The Mindfulness Solution for Intense Emotions: Take Charge of BPD with DBT* New Harbinger: Oakland, California

Koons, CR, O'Rourke, B, Carter, B, Erhardt, E, (2012), Dialectical behavior therapy in private practice: Achieving adequate reimbursement for delivery of evidence-based practice., *Cognitive and Behavioral Practice*

Koons, CR, (2011) The role of the team in managing telephone consultation in dialectical behavior therapy: three case examples, *Cognitive and Behavioral Practice*, (vol 18, 2, pp. 168-177).

Koons, CR, (2008) Dialectical behavior therapy, in *Borderline personality disorder: meeting the challenges to successful treatment*, Perry Hoffman and Penny Steiner Grossman, eds., Haworth Press. Co-published simultaneously as *Social Work in Mental Health*, vol 6, num 1/2, 109-131.

Koons, CR, (2007) The use of mindfulness interventions in cognitive-behavior therapies, in *Cognitive-Behavior Therapy for Social Workers* Arthur Freeman and Tammie Ronen, eds., Springer Publications, pp. 167-186.

Koons, CR, Betts, BB, Chapman, AL, O'Rourke, B, Morse, N, and Robins, CJ, (2006), Dialectical behavior therapy adapted for the vocational rehabilitation of significantly disabled mentally ill adults, *Cognitive and Behavioral Practice*, 13, 146-156.

Koons, CR, Robins, CJ, Lynch TR, Tweed, JL, Gonzalez, AM, Morse, JQ., Bishop, GK, Butterfield, MI, Bastian, LA,(2001), Efficacy of dialectical behavior therapy in women veterans with borderline personality disorder, *Behavior Therapy*, 32, 371-390.

Koons, C., Butterfield, MI, Bastian, LA, (1995) Personality disorder, recognition and management with behavior therapy or pharmacotherapy, *Primary Psychiatry*, 3, (7) 46-

Comtois, KA, Koons, CR, Kim, SA, Manning, SY., Bellows, E, & Dimeff, L,(2007) Implementing standard dbt in an outpatient setting, in *Dialectical Behavior Therapy in Clinical Practice*, Linda Dimeff and Kelly Koerner, eds., Guilford Press.

Ben-Porath, DD and Koons, CR, (2006) Telephone coaching in dialectical behavior therapy: A decision-tree model for handling intercession contact with clients, *Cognitive and Behavioral Practice*, 12, 448-460.

Robins, CJ and Koons, CR, (2004) Dialectical behavior therapy for severe personality disorders, *Handbook of Personality Disorders*, Jeffrey Magnavita, ed., John Wiley and Sons, Publisher, 221-253.

Robins, CJ and Koons, CR, (2000), The therapeutic relationship in dialectical behavior therapy, chapter in *The Real World Book of Psychotherapy*, Alex Sarbo, ed., Harvard University Press, 237-266.

McIntyre, LM Butterfield, MI, Nanda, K, Parsey, K, Stechuchak, KM, McChesney, AW, Koons, CR, Bastian, LA (1999), Validation of a trauma questionnaire in veteran women, *Journal of General Internal Medicine*, 14, 186-189.

Butterfield, MI, Bastian, LA, McIntyre, LM. Koons, CR, Vollmer, M, and Burns, BJ, (1996) Screening for mental disorder symptoms and a history of sexual trauma and battering among women using primary health care sources, *Journal of Clinical Outcomes Measurement*, 3, (5) 55-61.

Awards

Service Award, International Society for the Improvement and Teaching of Dialectical Behavior Therapy, 2000.

Biographical Sketch

Cedar Koons gives trainings and consultations on Dialectical Behavior Therapy, and provides telehealth consulting and psychotherapy and mindfulness retreats for DBT clinicians. She co-founded Santa Fe DBT, LLC, and outpatient comprehensive DBT program for adults and adolescents, in 1998 and was the team leader from 1998 until 2016. A senior trainer for Behavioral Tech of Seattle, Koons has conducted DBT trainings, intensives and consultations all over the United States and in Australia and Japan since 1996. While in private practice, Ms. Koons also developed an adaptation of DBT for the vocational rehabilitation of persons with severe personality disorder and conducted a pilot study of the treatment. She is certified by the Linehan Board of Certification.

Ms Koons was director of the Dialectical Behavior Therapy program at the

Women Veterans Comprehensive Health Center at the Durham VA Medical Center. In that capacity, Ms. Koons conducted a randomized, controlled study of DBT as compared to usual treatment for women veterans with borderline personality disorder and also started at DBT elective for psychiatry residents at Duke University Medical Center. Ms. Koons was the first president of the Marie Institute, now Linehan Institute, a nonprofit organization dedicated to increasing access to training in treatments of demonstrated efficacy for clinicians treating severely personality disordered persons. She has published research, articles, poetry and a blog on mindfulness. Her book, *The Mindfulness Solution for Intense Emotions*, was published by New Harbinger in 2016. She lives in Dixon, New Mexico and has four adult children and four grandchildren.