

WORK EXPERIENCE:

Psychotherapist, Private Practice Feb 2017 - Present

Oakland and San Francisco, CA | www.annacedar.com |

- Offering individual and family counseling, clinical supervision, and organizational consulting.
- Specializing in the use of evidence-based treatment, including DBT, CBT, MBSR, and Gottman Therapy.

Psychotherapist, Kip Oct 2017 - Present

Oakland and San Francisco, CA | www.hellokip.com |

- Offering in-person and app-assisted evidence-based therapy for adults and couples.

Integrated Behavioral Health Clinician III July 2011– Present

La Clinica de La Raza, Oakland, CA

- Supervised case management staff and MSW interns across multiple sites, assisted in program planning, coordination with community agencies, and staff development and training.
- Provided bilingual behavioral health assessment, crisis intervention, and treatment services for children, adolescents, adults, older adults and their families.

Clinical Research Assistant, Center for Latino Adolescent and Family Health Jan 2010 – May 2011

Columbia University School of Social Work / NYU, New York, NY

- Contributed to the implementation of evidence-based strategies to reduce HIV risk and vulnerability among at-risk populations in New York City and the Dominican Republic through research and direct service.

Departmental Research Assistant Aug 2009 – Jan 2011

Columbia University Institute of Latin American Studies, New York, NY

- Acted as a support in the research and presentation of current and historical Latin American affairs.

Program Director / Senior Case Manager June 2006 – July 2008

Survivors International, San Francisco, CA

- Provided survivors of torture from 99 different countries with intake interviews, referrals, case management plans, progress tracking, crisis management, and other social services.
- Coordinated successful delivery of psychological and medical services for asylum seekers by acting as the main point of contact for clients and their advocates (offering bilingual services to Spanish speakers)
- Facilitated community-building efforts, policy research, legislative advocacy, client outreach, volunteer management, fundraising, and the expansion of Survivors International's referral network and programs.

Community Health Advocate Oct 2004 – June 2006

Holy Family Day Home, San Francisco, CA

- Directed health advocacy programs (including: program design and implementation, grant management, and budgeting) for the benefit of homeless and low-income (primarily Latino) families.
- Supervised health staffing and volunteers to sustain educational workshops, domestic violence services, support groups, and fundraising initiatives.
- Provided direct social services to homeless parents, including long and short-term case management, counseling, advocacy, and referrals/accompaniment to medical, legal, psychological, and welfare programs.

Tenant Coordinator April 2004 – Oct 2004

Mission Housing Development Corporation, San Francisco, CA

- Directed educational activities in a supportive residence for formerly homeless adults with mental illness.
- Supported tenant organizing in community-building campaigns and tenant government activities.

EDUCATION:

COLUMBIA UNIVERSITY School of Social Work, New York, NY May 2011

Master of Science in Social Work

COLUMBIA UNIVERSITY School of International and Public Affairs, New York, NY May 2011

Master of Public Administration and Public Policy

VASSAR COLLEGE, Poughkeepsie, NY May 2003

Bachelor of Arts in Latin American Studies; Minors: International Political Science and Spanish

VOLUNTEER WORK and LEADERSHIP EXPERIENCE:

Women's Policy Institute Fellow Women's Foundation of California, San Francisco and Sacramento, CA	2007 – 2008
Board of Directors Member (Program Committee Chair, Development Committee Member) The Women's Building, San Francisco, CA	2006 – 2008
Certified Rape Crisis Counselor San Francisco Women Against Rape, San Francisco, CA	2006 – 2008
Nonprofit Management Mentor Upwardly Global, San Francisco, CA	2007
Legal Referral Specialist and Interpreter La Raza Centro Legal / Lawyers' Committee for Civil Rights	2004 – 2005
Bilingual Community Resource Specialist Mujeres Unidas y Activas, San Francisco, CA	2003 – 2004
Public Health Project Supervisor Amigos de las Américas, Honduras and Costa Rica	Summers 2000 and 2003
Public Health Organizer Amigos de las Américas, Dominican Republic and Brazil	Summers 1998 and 1999

GRADUATE CLINICAL and RESEARCH EXPERIENCE:

Clinical Social Work Intern, Special Populations and Mental Health Unit / Clinical Research Assistant, Dialectical Behavior Therapy in Corrections Study Columbia University School of Social Work, in partnership with Metropolitan Detention Center, Federal Bureau of Prisons, Brooklyn, NY	Aug 2010 – May 2011
Evaluation and Research Consultant, Humanitarian Outcome Measurement Women's Refugee Commission, New York City	Dec 2009 – May 2010
Child Abuse Research Fellow, Child Abuse Intervention Program Implementation Columbia School of Public Health Summer Research Practicum in the Dominican Republic	2009
Clinical Social Work Intern, Individual and Group Therapy Programs / Clinical Research Assistant, Study of Offspring of Mothers with Schizophrenia Columbia University School of Social Work, in partnership with Inwood Outpatient Clinic, New York State Psychiatric Institute	Aug 2008 – May 2009

EXAMPLE PUBLISHED and PRESENTED WORK:

Guilamo-Ramos, V., Padilla, M., **Lindberg Cedar, A.**, Lee, J. & Robles, G. "HIV Sexual Risk Behavior and Family Dynamics in a Dominican Tourism Town." *Journal of Health and Social Behavior*. Volume 42. Issue 7 (2013): 1255-1265.

Lindberg Cedar, A. June, 2017. "How to Manage Panic and Anxiety During Political Turmoil." *The Mighty*:
<https://themighty.com/2017/06/how-to-manage-panic-and-anxiety-during-political-turmoil/>

Lindberg Cedar, A. May, 2017. "8 Ways to Practice Emotional Self-Care." *The Mighty*:
<https://themighty.com/2017/05/emotional-self-care-checklist-therapist/>

Whitehead, A., **Lindberg, A.**, & Fernandez, A. (2010, November). "Preventing and addressing child abuse: An evaluation of services available at the Dr. Arturo Grullón Children's Hospital in the Dominican Republic." American Public Health Association Annual Conference, Denver, Colorado.

SAMPLE of AWARDS RECEIVED:

National Health Service Corps Full-Time Loan Repayment Award	2015 – 2017
Columbia University Academic Scholarships and Fellowships	2009 – 2011
Elsie Van Dyck Dewitt Scholarship for Graduate Studies, Vassar College	2008 – 2009
Certificate of Recognition, Senator Sheila Kuehl, California State Senate	2008
Recognition of Special Effort (R.O.S.E.) Award, Holy Family Day Home	2006
United States President's Student Service Award	1998 – 2000, 2003