Koosje van Haeringen received her first violin lessons from Piet 't Hart. From the age of 18 she studied with Jaring Walta at the Royal Conservatoire in The Hague. She took part in various masterclasses, with Herman Krebbers and Victor Liberman and others. In 1991 she graduated from the Royal Conservatoire, where she obtained her soloist diploma.

In 1989 Koosje van Haeringen won the second prize of the National Violin Competition Oskar Back. One year later she started as member of the first violin section of the Residentie Orchestra. In 1995 she started teaching at the Royal Conservatoire. In 2003 she quitted the orchestra in order to dedicate herself fully to teaching. Next to the violin she also teaches violin methodology. She has a particular interest in teaching children. She is giving masterclasses each year in Germany in Goch (String Time Niederrhein) and Kloster Schöntal and in the Haute-Marne in France.