



## Joaquim Soler Ribaudi, PHD

### Biography

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Joaquim Soler Ribaudi, Phd

Joaquim Soler is a senior clinical psychologist working in a Borderline Personality Unit in the psychiatric service of Hospital de la Santa Creu i Sant Pau in Barcelona, and also Associate Professor in the Autonomous University of Barcelona. He is a DBT therapist since 2001, and also a MBCT therapist. His doctoral thesis was focused on the study of the DBT Skills Training on patients diagnosed with BPD.

He has collaborated and led several founded projects on Borderline Personality Disorders (BPD) targeting assessment, genetics and psychological and pharmacological treatments. He has published more than 50 indexed papers related to BPD, depression and mindfulness and he is associate editor of the journal *Mindfulness & Compassion*.

He is researcher from G-21 in the CIBERSAM (Center of research in Mental Health Network) since its creation in 2007. He is also a principal investigator of the Hospital of Sant Pau group and mindfulness group in the Excellence Network for the dissemination of psychological treatments for mental health promotion in Spain (PROMOSAM) and he has collaborate on national (National Health Department) and international (World Federation of Societies of Biological Psychiatry) Task Forces on Personality Disorders. Joaquim is also a board member of the Spanish Society for the Study of Personality Disorders (SEETP) and more recently president and cofounder of the Spanish DBT Society (SP-DBT).

### Selected Publications

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Selected Publications (from 2005)

Soler, J.; Pascual JC.; Campins, M.J.; Barrachina, J.; Alvarez, E.; Pérez, V. (2005) A Double-Blind, Placebo-Controlled Study of Borderline Personality Disorder: Olanzapine Plus Dialectical Behavior Therapy. *American Journal of Psychiatry*, 162:1221-24.

Pinto-Meza, A. ; Caseras, X.; Soler, J.; Puigdemont, D.; Perez, V.; Torrubia, R. (2006). Behavioral Inhibition and behavioral activation systems in current and recovered major depression patients. *Personality and Individual Differences*. , 40 (2), p.215-226, Jan.

Pascual, J. C., Soler, J., Puigdemont, D., Pérez-Egea, R., Tiana, T., Alvarez, E., & Pérez, V. (2008). Ziprasidone in the treatment of borderline personality disorder: a double-blind, placebo-controlled, randomized study. *The Journal of clinical psychiatry*, 69(4), 603-608.

Pascual, J. C., Soler, J., Barrachina, J., Campins, M. J., Alvarez, E., Pérez, V., ... & Baiget, M. (2008). Failure to detect an association between the serotonin transporter gene and borderline personality disorder. *Journal of psychiatric research*, 42(1), 87-88.

Gomà-i-Freixanet, M., Soler, J., Valero, S., Pascual, J. C., & Sola, V. P. (2008). Discriminant validity of the ZKPQ in a sample meeting BPD diagnosis vs. normal-range controls. *Journal of Personality Disorders*, 22(2), 178-190.

Soler, J., Trujols, J., Pascual, J. C., Portella, M. J., Barrachina, J., Campins, J., ... & Pérez, V. (2008). Stages of change in dialectical behaviour therapy for borderline personality disorder. *British Journal of Clinical Psychology*, 47(4), 417-426.

Pascual, J. C., Malagon, A., Corcoles, D., Gines, J. M., Soler, J., Garcia-Ribera, C., ... & Bulbena, A. (2008). Immigrants and borderline personality disorder at a psychiatric emergency service. *The British Journal of Psychiatry*, 193(6), 471-476.

Soler, J., Pascual, J. C., Tiana, T., Cebrià, A., Barrachina, J., Campins, M. J., ... & Pérez, V. (2009). Dialectical behaviour therapy skills training compared to standard group therapy in borderline personality disorder: a 3-month randomised controlled clinical trial. *Behaviour research and therapy*, 47(5), 353-358.

Guitart-Masip, M., Pascual, J. C., Carmona, S., Hoekzema, E., Bergé, D., Pérez, V., ... & Vilarroya, O. (2009). Neural correlates of impaired emotional discrimination in borderline personality disorder: an fMRI study. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 33(8), 1537-1545.

Soler, J., Cebolla, A., Feliu-Soler, A., Demarzo, M. M., Pascual, J. C., Baños, R., & García-Campayo, J. (2014). Relationship between Meditative Practice and Self-Reported Mindfulness: The MINDSENS Composite Index. *PLoS ONE*, 9(1).

Soler, J., Valdepérez, A., Feliu-Soler, A., Pascual, J. C., Portella, M. J., Martín-Blanco, A., ... & Pérez, V. (2012). Effects of the dialectical behavioral therapy-mindfulness module on attention in patients with borderline personality disorder. *Behaviour Research and Therapy*, 50(2), 150-157.

Trujols, J., Feliu-Soler, A., de Diego-Adeliño, J., Portella, M. J., Cebrià, Q., Soler, J., ... & Perez, V. (2013). A psychometric analysis of the clinically useful depression outcome scale (cudos) in spanish patients. *Journal of affective disorders*.

Martín-Blanco, A., Ferrer, M., Soler, J., Salazar, J., Vega, D., Andión, O., ... & Pascual, J. C. (2014). Association between methylation of the glucocorticoid receptor gene, childhood maltreatment, and clinical severity in borderline personality disorder. *Journal of psychiatric research*, 57, 34-40.

Soler, J., Franquesa, A., Feliu-Soler, A., Cebolla, A., García-Campayo, J., Tejedor, R., ... & Portella, M. J. (2014). Assessing decentering: Validation, psychometric properties and clinical usefulness of the Experiences Questionnaire in a Spanish sample. *Behavior therapy*, 45(6), 863-8

Salvador, R., Vega, D., Pascual, J. C., Marco, J., Canales-Rodríguez, E. J., Aguilar, S., Anguera, M., Soto, A., Ribas, J., Soler, J., Maristany, T., Rodríguez-Fornells, A., Pomarol-Clotet, E. (2016). Converging medial frontal resting state and diffusion-based abnormalities in borderline personality disorder. *Biological psychiatry*, 79(2), 107-116.

Elices, M., Pascual, J. C., Portella, M. J., Feliu-Soler, A., Martín-Blanco, A., Carmona, C., & Soler, J. (2016). Impact of Mindfulness Training on Borderline Personality Disorder: A Randomized Trial. *Mindfulness*, 7(3), 584-595.

Soler J, Elices M, Franquesa A, Barker S, Friedlander P, Feilding A, Pascual JC, Riba J. (2016). Exploring the therapeutic potential of Ayahuasca: acute intake increases mindfulness-related capacities. *Psychopharmacology (Berl)*. Mar;233(5):823-9. doi: 10.1007/s00213-015-4162-0.

Feliu-Soler, A., Soler, J., Luciano, J., Cebolla, A., Elices, M., Demarzo, M., García-Campayo, J. (2016) Psychometric properties of the Spanish version of the Nonattachment Scale (NAS) and its relationship with mindfulness, decentering and mental health. *Mindfulness*, 7(5), 1156-1169.

Alvarez-Tomás, I., Soler, J., Bados, A., Martín-Blanco, A., Elices, M., Carmona, C., ... & Pascual, J. C. (2016). Long-term course of borderline personality disorder: a prospective 10-year follow-up study. *Journal of personality disorders*, 1-16.

Muro, A., Feliu-Soler, A., Castellà, J., Deví, J., & Soler, J. (2016). Does Time Perspective Predict Life Satisfaction? A Study Including Mindfulness as a Measure of Time Experience in a Sample of Catalan Students. *Mindfulness*, 1-9.