Biography: Joaquim Solar

Joaquim Soler is an associate clinical psychologist in the Borderline Personality Disorder Unit at the Psychiatry Service of the Hospital de la Santa Creu i Sant Pau in Barcelona where he is a DBT and MBCT therapist. Joaquim holds a PhD in psychology and is an associate professor, accredited to full professor, at the Autonomous University of Barcelona in the department of psychiatry and forensic medicine.

He has published more than 150 articles in indexed journals with impact factor (H factor of 42). In the field of mindfulness, he is the tenth most prolific author in research worldwide and the third in collaborations with other researchers in the area. In the field of BPD, his research network (authors and co-authors) emerge as the eighth research cluster in the last 20 years of scientific publications in BPD in the world.

His line of research has focused on evaluating the benefit of these practices in populations with high impulsivity and emotional dysregulation. He has participated as principal investigator or collaborator in several national and international funded projects on assessment, genetics, neuroimaging, mindfulness and psychological and pharmacological treatments of patients diagnosed with BPD, ED or depression.

He has been organizer and members of scientific committees of several national and international congresses and was local chair of the fifth international congress on borderline personality disorder in 2018 organized by the European Society for the Study of Personality Disorders (ESSPD). Joaquim is a researcher in the G-21 group at CIBERSAM since its creation in 2007 and has also been a researcher in the PROMOSAM network of excellence. He is a co-founding member (2016) of the Hospital Cluster for the Study and Treatment of Self-harm (GRETA) in Catalonia and current president of the Spanish association of DBT and the WDBTA Research Committee.

Some recent publications include:

- Feliu-Soler, A., Pascual, J. C., Borràs, X., Portella, M. J., Martín-Blanco, A., Armario, A., ... & Soler, J. (2014). **Effects of dialectical behaviour therapy-mindfulness**

training on emotional reactivity in borderline personality disorder: Preliminary results. *Clinical psychology & psychotherapy*, *21*(4), 363-370.

- Schmidt, C., Soler, J., Vega, D., Nicolaou, S., Arias, L., & Pascual, J. C. (2024). **How does mindfulness skills training work to improve emotion dysregulation in borderline personality disorder?.** *Borderline personality disorder and emotion dysregulation*, *11*(1), 22.

- 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.

- Vidal, J., Ciudad-Fernández, V., Navarrete, J., Soler, J., Schmidt, C., Molinari, G., & Cebolla, A. (2024). **From self-criticism to self-compassion: exploring the mediating role of two emotion dysregulation variables in their relationship to depressive symptoms.** *Current Psychology*, *43*(32), 26539-26547.

- Soler, J., Casellas-Pujol, E., Fernández-Felipe, I., Martín-Blanco, A., Almenta, D., & Pascual, J. C. (2022). "Skills for pills": **The dialectical-behavioural therapy skills training reduces polypharmacy in borderline personality disorder**. *Acta Psychiatrica Scandinavica*, *145*(4), 332-342.