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Relieve Your Suffering Using The Core Skill Of
Dialectical Behavior Therapy By Gillian Galen PsyD**



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1. Int J Psychiatry Clin Pract. 2012 Sep;16(3):189-96. doi: 10.3109/13651501.2012.674531. Epub 2012 Mar 24. Mindfulness skills in borderline personality disorder

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About Sonia Neale Sonia Neale was recently awarded the Inaugural Barbara Hocking SANE Australia Fellowship to study and research Borderline Personality Disorder

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and Gillian Galen's new book Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy.

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Cognitive behavioral treatment for borderline personality disorder. New York: Guilford Press. Mindfulness and Borderline Personality Disorder Book Title

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