

# Reflective-Functioning (RF) Training

**Over Zoom: 12:00Noon - 2:00 PM New York time**  
**Wednesday 25<sup>th</sup>, Thursday 26<sup>th</sup> & Friday 27<sup>th</sup>**  
**June 2025**

Reflective functioning (RF), also known as ‘mentalization’, has been shown to overlap with mental health in adults, and has been the focus of a number of recent books and articles detailing its vital place in developmental and clinical research. The RF concept was first developed by Peter Fonagy, Mary Target, Miriam Steele and Howard Steele. The validity base for this construct comes from its reliable application to Adult Attachment Interviews (AAs). RF scores derived from parents’ AAs are powerfully predictive of child outcomes in terms of mental health, self and social development. RF scores derived from AAs obtained from patients (before and after psychotherapeutic treatment) reveal positive and significant changes.

## Learning Objectives

A. Objective #1 (Identify moderate to high indicators of reflective functioning)
B. Objective #2 (Take account of general considerations)
C. Objective #3 (Identify low indicators of reflective functioning)
D. Objective #4 (Strategies for arriving at an overall RF score)
E. Objective #5 (Distinguishing between ‘permit’ and ‘demand’ questions)

This training over Zoom is aimed at advanced graduate students and professionals aiming to score RF in Adult Attachment Interviews, or other narrative material. The training will provide a detailed inside look at the evolution of the RF coding manual, and how to apply the RF coding manual to AAs with discussion of other narrative material.

Training to be provided by:

Howard Steele, Ph.D.

Professor, Department of Psychology, The New School for Social Research  
Co-Director, Center for Attachment Research –

[www.center-for-attachment.com](http://www.center-for-attachment.com)

Howard Steele, PhD, is Professor of Psychology, at the New School for Social Research. At the New School, Dr. Steele co-directs (with Dr. M. Steele) the Center for Attachment Research. Howard Steele is also senior and founding editor of the international journal, *Attachment and Human Development*, and founding president of the **Society for Emotion and Attachment Studies**, [www.seasintnational.org](http://www.seasintnational.org)

Howard Steele was among the 2017 Bowlby-Ainsworth Awardees so recognized by the Center for Mental Health Promotion. Howard Steele and Miriam Steele are co-editors of the 2008 book, *Clinical Applications of the Adult Attachment Interview*, and the 2018 *Handbook of Attachment-Based Interventions*, both published by the Guilford Press, New York. The Steeles are members of the Adult Attachment Interview Trainers' Consortium ([www.mainattachment.org](http://www.mainattachment.org))

Cost of training & a reliability test of 15 Adult Attachment Interviews (distributed at the end of the 3-day training), per person is \$1000 (Some \$750 student places available). *Payment is due in advance of the seminar to receive the Zoom link and RF Manual.* Payment via Bank Wire will be provided to those outside the USA who are interested. For people joining from the USA, payment by Zelle or Venmo is possible.

6 Continuing Education (CE) credits available for Counselors, Social Workers (From the New York Board of Education), and Psychologists (from the American Psychological Association).

Send an email to Howard Steele to secure a place at the training  
[SteeleH@newschool.edu](mailto:SteeleH@newschool.edu)