

**Friends and Family Interview (FFI) Training Seminar
Over Zoom, 5th and 6th November, 2026
With Professor Howard Steele <steeleh@newschool.edu>**

When:

Thursday 5th November: 10:30 am - 12:30 pm, EST New York

Friday 6th November, 10:30 am - 12:30 pm EST New York

What: The training will teach how to administer, rate and classify response to the FFI

For whom: Clinicians and researchers working with youth aged 8-16 years

To be taught by: Professor Howard Steele

Why: The FFI asks youth what they like best and what they like least in themselves, their best friends, siblings, and relationships with mother and father. It also queries what the young person does when s/he is upset, asks about what they imagine important others may think about themselves, and invites consideration of how the self changes, and stays the same, over the course of development. The FFI is in wide use in clinical settings, adoption research and mainstream developmental research, with a number of publications in print. The interviews are audio-recorded, and ideally filmed, take 20-30 minutes to administer. The interview is developed on the model of the Adult Attachment Interview and FFI responses been shown to correlate with parental responses to the AAI. Like the AAI, FFI responses are rated on multiple dimensions tapping into inferred experiences with family and friends, emotion-regulation strategies, and extent of coherence and reflective functioning (or state of mind) in thinking about self and attachment relationships. A 20-interview reliability test will be distributed at the end of the two-day training. The FFI is widely used, and previously validated with more than 15 peer-reviewed publications in print from diverse independent labs.

Costs: To participate in the three-day seminar, and receive the post-seminar set of 15+ interviews to rate and classify and so take the reliability test, the cost is \$1,000 US dollars for salaried professionals, \$750 for post-doctoral researchers/clinicians, and \$500 for undergrad or grad students. To register, email Howard Steele, and you will be advised how to enroll steeleh@newschool.edu
And see the lab website for Howard Steele www.center-for-attachment.com

5 CE credits available for licensed social workers/counselors from NY Board of Education, and from the American Psychological Association for psychologists.

Learning Objectives:

A. Objective #1 (How to administer the FFI)
B. Objective #2 (Become familiar with how to rate an FFI transcript)
C. Objective #3 (Become familiar with how to assign an overall classification to each FFI transcription)

Biographical Information re Howard Steele

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, www.center-for-attachment.com. 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.seasinternational.org

Howard Steele and Miriam Steele developed the Friends and Family Interview (FFI) questions and companion Coding System and validated it as an attachment measure (Steele & Steele, 2005). It has since been taught to many around the globe with many independent studies validating the interview.

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)