

Using the Thurston Cradock Test of Shame (TCTS) in Therapeutic Assessment: From Administration through Assessment Intervention Session

An 8-hour webinar on January 30, 2026, 9am-6pm MST

Presented by Julie Cradock O'Leary, Ph.D.

Training overview

Shame is a profound sense of inadequacy, a feeling that your core self is fundamentally flawed. It underlies many relationship difficulties and is often hidden within the symptoms that lead to therapy and psychological assessment. Unfortunately, most therapists and assessors are unaware of the shame dynamics that are commonly active and activated in the clinical encounter. To truly help our clients, it is essential to access the underlying shame that drives symptoms, behaviors and problems in living.

The Thurston Cradock Test of Shame (TCTS; Thurston and Cradock O'Leary, 2009/2021) is a performance-based storytelling measure rooted in shame theory and designed to access the multidimensional internal and interpersonal aspects of shame. The structured scoring system provides a range of data including how clients experience and express shame, how they defend against it, if and how a client resolves shame situations, how clients regulate a surge of shame affect, indications of adaptive coping, and other details. The stimulus cards and client stories can be utilized in clinical interventions. The TCTS is used in Therapeutic Assessment and traditional psychological assessments worldwide.

The webinar will begin with a brief primer on shame, using TCTS protocols and stimulus cards to illustrate phenomena such as common shame themes, behavioral and nonverbal manifestations of shame, shame defenses, and factors that exacerbate shame. Attendees will learn how to administer the TCTS and will practice scoring each category of data (e.g., shame, defenses, resolution, possible embedded shame content, extraneous behavior and comments, additional observations) as well as new areas scored by test co-author Julie Cradock O'Leary, such as Avoidance as a fourth shame defense. The presenter will teach the process of conceptualizing data on the Summary Form to provide a first level understanding of the client's experience of shame. Next, the presenter will detail how to further conceptualize each scoring category by moving between the Summary Form and the client's stories, to access deeper levels of information. Several examples of Assessment Intervention Sessions (AIS) using the TCTS will be highlighted, and attendees will work together to brainstorm possible AIS for a sample case. Throughout the webinar, clinical cases will be used to illustrate how the test can be useful for a wide variety of clients.

Learning objectives

At the end of this webinar, participants will be able to:

- Identify indicators of shame in a client's presenting concerns and Assessment Questions
- Administer, score and interpret a client's TCTS protocol
- Identify at least 3 ways the TCTS can be used in Assessment Intervention Sessions

Schedule

9:00-10:00	Shame theory and the TCTS	1:00-2:15	TCTS scoring, part 2
10:00-10:15	How the TCTS fits within TA	2:15-3:15	TCTS interpretation, part 1
10:15-10:30	Break	3:15-3:30	Break
10:30-11:15	TCTS administration	3:30-4:30	TCTS interpretation, part 2
11:15-12:00	TCTS scoring, part 1	4:30-5:30	Using the TCTS in EI and AIS
12:00-1:00	Lunch	5:30-6:00	Discussions and Applications

Target audience

This webinar is appropriate for graduate students through advanced professionals.

About the presenter

Julie Cradock O'Leary, Ph.D. is a clinical psychologist who provides therapy and psychological assessments and co-author of the Thurston Cradock Test of Shame (2009/2021). She has studied shame for over 30 years, and still enjoys discovering the intricacies of how shame is at work in individuals and systems in cultures around the world. Julie regularly presents on shame and the TCTS at professional conferences and at clinical and academic settings around the world. She conducts research with the TCTS and especially enjoys working with graduate students completing dissertations or simply seeking research experience. Julie provides in-person and online consultation for TCTS scoring and interpretation as well as better understanding shame dynamics in one's clients. Julie is a member of the American Psychological Association, International Society for the Rorschach and Projective Methods, Society for Personality Assessment, and Therapeutic Assessment Institute. She is a reviewer for several journals, including the *Journal of Personality Assessment* and *Rorschachiana*.

Registration at www.testofshame.com

Professionals	\$250
TAI and CAS professional members	\$225
Students	\$125
TAI and CAS student members	\$110
GSPP students	\$110

90% refunds will be processed through 1/23/25.

Continuing Education

This program includes 8 CE. The University of Denver, Graduate School of Professional Psychology (GSPP) is approved by the American Psychological Association to sponsor continuing education for psychologists. GSPP maintains responsibility for this program and its content.

Notification of financial interest

The presenter is co-author of the TCTS and receives proceeds from the TCTS sales.

Special accommodation

The Zoom platform can generate closed captioning for attendees. Please contact jcradockoleary@gmail.com should you need any further accommodation.

Sponsors

Thank you to the sponsors of this program



After registering for this webinar, participants will receive a discount code for 10% off TCTS products at testofshame.com, plus free shipping within the United States.

The TCTS manual is not required for this webinar, but it would enhance the learning experience.
