

Julie Cradock O’Leary, Ph.D.

2550 Denali Street, Suite 1610, Anchorage, AK 99503

Tel: 907-646-9820

Fax: 907-375-2999

jcradockoleary@gmail.com

www.testofshame.com

Shame and TCTS-related professional activity

(as of 1/26/23)

PUBLICATIONS

Psychological Instrument

Thurston, N. S., & Cradock O’Leary, J. (2021). *The Thurston Cradock Test of Shame (TCTS)*. www.testofshame.com. (Originally published by Western Psychological Services, 2009)

Professional Journals

Cradock O’Leary, J., Finn, S. E., & Nakamura, N. (2020). The Thurston Cradock Test of Shame as a Crucial “Empathy Magnifier;” A Therapeutic Assessment of a Teenager and Her Parents. *Rorschachiana*, 41 (2), 144-161. <https://www.doi.org/10.1027/1192-5604/a000128>

Cradock O’Leary, J., Kelley, D., & Parrish, C. (2020). From Swallowing to Savoring Emotions: A Therapeutic Assessment Case using the Thurston Cradock Test of Shame as an Assessment Intervention. *Rorschachiana*, 41 (2), 181-199. <https://www.doi.org/10.1027/1192-5604/a000130>

Professional Newsletters

Cradock O’Leary, J. (2022). Test Review: Thurston Cradock Test of Shame (TCTS). *The Bulletin: International Society of the Rorschach and Projective Methods*, 32 (1), 27-28.

Cradock O’Leary, J. (2021). “Mining for shame” with the Thurston Cradock Test of Shame. *Colorado Assessment Society Newsletter*, 1 (2), 7-8.

Cradock O’Leary, J. (2017). Using the Thurston Cradock Test of Shame to uncover shame dynamics in therapy and assessment. *The TA Connection: Resources for Therapeutic Assessment Professionals*, 5, 4-8.

PRESENTATIONS

Professional Conferences

Cradock O’Leary, J. (2023, April). Chair. “Clinical cases that illustrate the power of using the Rorschach and Thurston Cradock Test of Shame (TCTS) together.” Case discussion to be presented at the annual convention of the Society for Personality Assessment, Austin, TX

Jenny, E. B., Parrish, C. and Cradock O'Leary, J. (2023, March). Identification of Rorschach determinants that correlate with shame dynamics on the Thurston Cradock Test of Shame (TCTS): A pilot study. Poster to be presented at the annual convention of the Society for Personality Assessment, Austin, TX

Cradock O'Leary, J. (2022, July). When Rorschach and TCTS data come together, a clearer picture emerges. Paper to be presented in J. Cradock O'Leary (Chair), "*Seven cases that illustrate the power of using the Rorschach and Thurston Cradock Test of Shame (TCTS) together.*" Symposium conducted at the 2022 Congress of the International Society of the Rorschach and Projective Methods, Geneva, Switzerland

Cradock O'Leary, J. (2022, July). "The little girl and the dog hurt my heart." When TCTS characters provide an entry point to self-compassion. Paper to be presented in S. E. Finn (Chair), "*The therapeutic power of the Rorschach and other projective tests.*" Symposium conducted at the 2022 Congress of the International Society of the Rorschach and Projective Methods, Geneva, Switzerland

Cradock O'Leary J. (2022, July). Evaluating the "sleeper in psychopathology" with the Thurston Cradock Test of Shame (TCTS). Workshop was to be presented at the 2022 Congress of the International Society of the Rorschach and Projective Methods, Geneva, Switzerland (Workshop canceled)

Cradock O'Leary, J. (2022, March). "I think it slowly builds on your skin and you can't get out of your head that you failed at something": Scrambling to engage defenses against shame. Paper presented in J. Cradock O'Leary (Chair), "*Going down rabbit holes in the basement*": Using collaborative, multimethod assessment to clarify a case of ADHD in an adolescent. Case discussion conducted at the annual convention of the Society for Personality Assessment, Chicago, IL

Cradock O'Leary, J. (2022, March). When shame eclipses hope: Finding, holding, and building hope when your client cannot. Paper presented in D. Engleman (Chair), *Reigniting the Flame of Hope: CTA Approaches to Attachment, Shame, and Suicide*. Case discussion conducted at the annual convention of the Society for Personality Assessment, Chicago, IL

Cradock O'Leary, J. (2021, December). Using the Thurston Cradock Test of Shame (TCTS) in Therapeutic Assessment: From administration through Assessment Intervention Session. Webinar presented via Zoom at the 3rd International Collaborative/Therapeutic Assessment Conference

Cradock O'Leary, J. (2021, October). Special considerations when using the TCTS with children and adolescents. Paper presented in J. Cradock O'Leary (Chair), "*Ghost in the graveyard! Run, run, run!*" *Discovering the hiding places of defenses by using the TCTS with children and adolescents*. Case discussion conducted at the 3rd International Collaborative/Therapeutic Assessment Conference, virtual platform

Cradock O'Leary, J. (2021, October). Family shame dynamics in hikikomori: Integrating TCTS protocols of an adolescent and his parents. Paper presented in J. Cradock O'Leary (Chair), *A window into Hikikomori, an increasingly global syndrome of shutting out society*. Case discussion conducted at the 3rd International Collaborative/Therapeutic Assessment Conference, virtual platform

Cradock O'Leary, J. (2021, September). "I don't know the ending": The TCTS illustrates uncertainty and tentativeness in the face of affect. Paper presented in J. Cradock O'Leary (Chair), *"I don't want to talk about it. They went inside.": From Swallowing to Savoring Emotions through Collaborative/Therapeutic Assessment*. Case discussion conducted at the 3rd International Collaborative/Therapeutic Assessment Conference, virtual platform

Cradock O'Leary, J. (2021, March). Family shame dynamics in hikikomori: Integrating TCTS protocols of an adolescent and his parents. Paper presented in J. Cradock O'Leary (Chair), *A window into Hikikomori, an increasingly global syndrome of shutting out society*. Case discussion conducted at the annual convention of the Society for Personality Assessment, virtual platform

Cradock O'Leary, J. (2021, March). Special considerations when using the TCTS with children and adolescents. Paper presented in J. Cradock O'Leary (Chair), *"Ghost in the graveyard! Run, run, run!" Discovering the hiding places of defenses by using the TCTS with children and adolescents*. Case discussion conducted at the annual convention of the Society for Personality Assessment, virtual platform

Cradock O'Leary, J. (2020, June). Using the Thurston Cradock Test of Shame (TCTS) in Therapeutic Assessment: From administration through Assessment Intervention Session. Workshop was to be presented at the 3rd International Collaborative/Therapeutic Assessment Conference, Denver, CO (Conference postponed)

Cradock O'Leary, J. (2020, March). Family shame dynamics in hikikomori: Integrating TCTS protocols of an adolescent and his parents. Paper was to be presented in J. Cradock O'Leary (Chair), *A window into Hikikomori, an increasingly global syndrome of shutting out society*. Case discussion was to be conducted at the annual convention of the Society for Personality Assessment, San Diego, CA (Conference canceled)

Cradock O'Leary, J. (2020, March). "I don't know the ending": The TCTS illustrates uncertainty and tentativeness in the face of affect. Paper was to be presented in J. Cradock O'Leary (Chair), *"I don't want to talk about it. They went inside.": From Swallowing to Savoring Emotions through Collaborative/Therapeutic Assessment*. Case discussion was to be conducted at the annual convention of the Society for Personality Assessment, San Diego, CA (Conference canceled)

Cradock O'Leary, J. (2019, March). A brief review of the Thurston Cradock Test of Shame (TCTS). Paper presented in J. Cradock O'Leary (Chair), *Hide and seek: Uncovering shame in psychological assessment*. Symposium conducted at the annual convention of the Society for Personality Assessment, New Orleans, LA

Nakamura, N. & Cradock O'Leary, J. (2019, March). How Therapeutic Assessment helped foster understanding of a teenager and her family living abroad: Confusion, Chaos and Confession. Paper presented in J. Cradock O'Leary (Chair), *Hide and seek: Uncovering shame in psychological assessment*. Symposium conducted at the annual convention of the Society for Personality Assessment, New Orleans, LA

Cradock O'Leary, J. (2018, March). *Using the Thurston Cradock Test of Shame to address shame and depression: A case study*. Poster presented at the annual convention of the Society for Personality Assessment, Washington, DC

Cradock O'Leary, J. (2017, September). Evaluating Shame with the Thurston Cradock Test of Shame. Paper presented in J. Cradock O'Leary (Chair), *Using the Thurston Cradock Test of Shame (TCTS) in Collaborative/Therapeutic Assessment*. Symposium conducted at the 2nd International Collaborative/Therapeutic Assessment Conference, Austin, TX

Cradock O'Leary, J. (2017, September). *The relationship between shame and depression as seen in the Thurston Cradock Test of Shame*. Poster presented at the 2nd International Collaborative/Therapeutic Assessment Conference, Austin, TX

Cradock O'Leary, J., Thurston, N. S., & Bufford, R. K. (2012, April). *Gender differences in experiencing shame*. Poster presented at the 92nd annual convention of the Western Psychological Association, Burlingame, CA

Cradock O'Leary, J. (2012, January). *Identifying and treating shame in psychotherapy*. Workshop presented at the 2012 continuing education conference of the Alaska Psychological Association, Anchorage, AK

Cradock O'Leary, J. (2011, May). *Shame and the treatment of addictions*. Workshop presented at the 37th annual school on addictions and behavioral health of the Alaska Addiction Professionals Association, Anchorage, AK

Cradock O'Leary, J. (2011, April). *Hide and go seek: Uncovering and understanding shame dynamics with the Thurston Cradock Test of Shame (TCTS)*. Workshop presented at the annual conference of the Alaska Association for Play Therapy, Anchorage, AK

Cradock O'Leary, J. (2011, March). *Beyond Rudolph and Cinderella: Evaluating and treating shame in play therapy*. Workshop presented at the annual conference of the Alaska Association for Play Therapy, Anchorage, AK

Cradock O'Leary, J., & Thurston, N. S. (2010, April). *Evaluating the relationship between social desirability and shame*. Poster presented at the 90th annual convention of the Western Psychological Association, Cancun, Mexico

Cradock O'Leary, J. (2009, October). *Shame in the medical setting: Implications for clinicians*. Workshop presented at the 23rd annual conference of the National Association of Social Workers Alaska Chapter and Alaska Counseling Association, Anchorage, AK

Cradock O'Leary, J., Thurston, N. S., Moore, K. A., Conlon, K., Jenkins, D. D., & Bufford, R. K. (2009, April). *Are shame and depression related? Understanding their dynamics*. Poster presented at the 89th annual convention of the Western Psychological Association, Portland, OR

Custer, P. J., Thurston, N. S., & Cradock O'Leary, J. (2009, April). *Shameful or shameless? Evaluating shame in sexual offenders*. Poster presented at the 89th annual convention of the Western Psychological Association, Portland, OR

Neudeck, J. A., Thurston, N. S., & Cradock O'Leary, J. (2009, April). *Evaluating shame in adults with severe mental illness*. Poster presented at the 89th annual convention of the Western Psychological Association, Portland, OR

Thurston, N. S., Cradock O'Leary, J., Moore, K. A., Conlon, K., Jenkins, D. D., & Bufford, R. K. (2009, April). *Evaluating the relationship between empathy and shame*. Poster presented at the 89th annual convention of the Western Psychological Association, Portland, OR

Cradock O'Leary, J. (2009, March). *Beyond Rudolph and Cinderella: Treating shame in play therapy*. Workshop presented at the 4th annual conference of the Southern California Regional Play Therapy Association, Rancho Cucamonga, CA

Cradock O'Leary, J. (2008, October). *Beyond Rudolph and Cinderella: Treating shame in play therapy*. Workshop presented at the 25th annual conference of the International Play Therapy Association, Dallas, TX

Cradock O'Leary, J. (2008, October). *Evaluating and repairing shame in psychotherapy*. Workshop presented at the 22nd annual conference of the National Association of Social Workers Alaska Chapter and the Alaska Counseling Association, Anchorage, AK

Cradock O'Leary, J. (2008, August). *Evaluating shame in persons with severe mental illness*. Poster presented at the 116th annual convention of the American Psychological Association, Boston, MA

Thurston, N., Mauldin, J., O'Friel, M., Boyd, J., Henry, N. & Cradock O'Leary, J. (2004, August). *Shame across cultures: A study of Hawaiian, British, and mainland American children*. Presentation made at the 112th annual convention of the American Psychological Association, Honolulu, HI

Cradock, J. A., & Thurston, N. S. (2001, May). The Thurston-Cradock Test of Shame: Its development and utility. Paper presented in N. S. Thurston (Chair), *Shame in adolescence: Validation studies with a new projective measure*. Symposium conducted at the 81st Annual Convention of the Western Psychological Association, Maui, HI

Cradock, J. A. (2001, May). Discussant. In N. S. Thurston, (Chair), *Shame in adolescence: Validation studies with a new projective measure*. Symposium conducted at the 81st Annual Convention of the Western Psychological Association, Maui, HI

Cradock, J. A., & Thurston, N. S. (1998, June). Assessment of shame with the Thurston-Cradock Test (TCT). Paper presented in J. A. Cradock (Chair), *Shame: Effective assessment and implications for Christian therapists*. Symposium conducted at the annual meeting of the Christian Association for Psychological Studies West Region, Rosemead, CA

Thurston, N. S., & Cradock, J. A. (1998, February). *Projective assessment of shame with the Thurston-Cradock Test (TCT)*. Paper presented at the annual midwinter meeting of the Society for Personality Assessment, Boston, MA

Vaccaro, G. D., & Cradock, J. (1996, August). Group treatment for shame with persistently mentally ill persons. Paper presented in N. S. Thurston, (Chair), *Shame reduction group therapy: Interventions with three populations*. Symposium presented at the 104th annual convention of the American Psychological Association, Toronto, Ontario, Canada

Clinical and Research Settings

Cradock O'Leary, J. (2023, May). *Using the TCTS to assess shame and defenses against shame*. Training to be provided as part of S. E. Finn, N. Nakamura, A. Crisi, F. Fantini and J. Cradock O'Leary's 2-day workshop, "It's all my/your fault": Recognizing shame and defenses against shame in psychological assessment, Asian-Pacific Center for Therapeutic Assessment, Tokyo, Japan

Jenny, Edward B. and Cradock O'Leary, J. (2023, March). *Bringing attachment and shame out of the clinical darkness*. Webinar to be presented at Move Forward Counseling, LLC, Lancaster, Hershey and Pittsburgh, PA

Cradock O'Leary, J. (2023, January). *Evaluating shame with the Thurston Cradock Test of Shame (TCTS)*. Webinar presented at the Collaborative Assessment Association of the Bay Area, Oakland, CA

Cradock O'Leary, J. (2022, October). *A brief review of the Thurston Cradock Test of Shame (TCTS)*. Informal presentation given at the Collaborative Assessment Association of the Bay Area, Oakland, CA

Cradock O'Leary, J. (2022, August). *Understanding and addressing shame in clinical work*. Webinar presented at Jenison Psychological Services, Jenison, MI

Cradock O'Leary, J. (2022, July). *Understanding and addressing shame in clinical work*. Webinar presented at Montana State University Counseling & Psychological Services, Bozeman, MI

Cradock O'Leary, J. (2022, June). *Evaluating shame with the Thurston Cradock Test of Shame (TCTS)*. Webinar presented at The Ardent Grove Foundation, Denver, CO

Cradock O'Leary, J. (2022, June). *Understanding and addressing shame in clinical work*. Webinar presented at Sentience Psychological Services, PLLC, Phoenix, AZ

Craddock O'Leary, J. (2022, April). Using the Thurston Craddock Test of Shame (TCTS) to mine for "psychotherapeutic gold." Workshop presented at the Colorado Assessment Society, Colorado, CO

Craddock O'Leary, J. (2021, January). *Using the Thurston Craddock Test of Shame (TCTS) in Therapeutic Assessment: From administration through Assessment Intervention Session*. Zoom webinar presented through the Therapeutic Assessment Institute.

Craddock O'Leary, J. (2020, September). *Evaluating the sleeper in psychopathology: A Review of the Thurston Craddock Test of Shame (TCTS)*. Zoom webinar presented to a graduate supervision group at Fuller Psychological and Family Services, Pasadena, CA

Finn, S. E., & Craddock O'Leary, J. (2019, November). *Administering, Scoring and Interpreting the Thurston Craddock Test of Shame (TCTS)*. Workshop presented at the Asian-Pacific Center for Therapeutic Assessment, Tokyo, Japan

Craddock O'Leary, J. (2019, July). *Evaluating the sleeper in psychopathology: A Review of the Thurston Craddock Test of Shame (TCTS)*. Talk presented to the Colorado Assessment Society, Denver, CO

Craddock O'Leary, J. (2019, July). *Administration and scoring of the Thurston Craddock Test of Shame (TCTS) for research studies*. Talk presented at Immaculata University, Immaculata, PA

Craddock O'Leary, J. (2019, May). *Using the Thurston Craddock Test of Shame (TCTS) to evaluate shame in clients*. Lunch session presented as part of S. E. Finn's workshop, Working with Shame in Psychotherapy and in Psychological Assessment, Anchorage, AK

Craddock O'Leary, J. (2018, November). *Scoring and interpreting the Thurston Craddock Test of Shame (TCTS)*. Training provided as part of S. E. Finn and N. Nakamura's live Therapeutic Assessment workshop, "What is my Teenager Doing to Me?!": Using Therapeutic Assessment to Shift Projective Identification in Adolescents and Their Families, Asian-Pacific Center for Therapeutic Assessment, Tokyo, Japan

Craddock O'Leary, J. (2018, November). *Questions and answers about the Thurston Craddock Test of Shame (TCTS)*. Lunch session as part of S. E. Finn and N. Nakamura's live Therapeutic Assessment workshop, "What is my Teenager Doing to Me?!": Using Therapeutic Assessment to Shift Projective Identification in Adolescents and Their Families, Asian-Pacific Center for Therapeutic Assessment, Tokyo, Japan

Craddock O'Leary, J. (2017, November). *Using the Thurston Craddock Test of Shame (TCTS) to evaluate shame in clients*. Lunch session, Asian-Pacific Center for Therapeutic Assessment, Tokyo, Japan

Craddock O'Leary, J. (2017, November). *A Brief review of the Thurston Craddock Test of Shame (TCTS)*. Mid-workshop training as part of S. E. Finn's workshop, Working with Shame in Psychotherapy and in Psychological Assessment, Asian-Pacific Center for Therapeutic Assessment, Tokyo, Japan

Cradock O'Leary, J. (2010, November). *Understanding and treating your client's shame*. Training presented to staff members at Genesis Recovery Services, Inc., Anchorage, AK

Cradock O'Leary, J. (2010, September). *Advanced training in the Thurston Cradock Test of Shame (TCTS): Administration, scoring, and interpretation*. Training presented to clinical staff at The Forensic Center, Chicago, IL

Cradock O'Leary, J. (2010, September). *Evaluating and treating shame with the Thurston Cradock Test of Shame (TCTS)*. Continuing education workshop presented to faculty members and forensic practicum site supervisors affiliated with The Chicago School of Professional Psychology, Chicago, IL

Cradock, J. A. (2000, March). *The Thurston-Cradock Test of Shame: Shame dynamics in the persistently mentally ill*. Inservice presented at Inter-Community Alternatives Network, Pasadena, CA

Cradock, J. A. (1999, September). *Shame assessment with the Thurston-Cradock Test of Shame (TCT)*. Inservice presented at LaVie Center, Pasadena, CA

Cradock, J. A. (1999, June). *Lifting the veil of shame*. Grand rounds presented at the Loma Linda University Department of Psychiatry, Loma Linda, CA

Cradock, J. A. (1999, March). *Interpersonal & intrapsychic dimensions of shame: Implications for the chronically ill patient*. Inservice presented at the Cardiomyopathy Program at the Loma Linda University International Heart Institute, Loma Linda, CA

Cradock, J. A. (1998, September). *Shame: Projective assessment with the Thurston-Cradock Test of Shame (TCT)*. Inservice presented at the continuing education meeting of Kaiser Permanente's psychology department, Los Angeles, CA

Academic Guest Lectures

Cradock O'Leary, J. (2023, April). *Shame in clinical work: Theory, therapy and assessment*. Guest lecture webinar to be presented to a graduate level class at the California School of Professional Psychology, Alliant International University, San Francisco, CO

Cradock O'Leary, J. (2023, February). *Evaluating shame with the Thurston Cradock Test of Shame (TCTS)*. Guest lecture webinar to be presented to a graduate level Advanced Personality Assessment class at the University of Denver Graduate School of Professional Psychology, Denver, CO

Cradock O'Leary, J. (2022, November). *Evaluating shame with the Thurston Cradock Test of Shame (TCTS)*. Guest lecture webinar presented to a graduate level Assessment Seminar class at the University of Denver Graduate School of Professional Psychology, Denver, CO

Cradock O'Leary, J. (2022, April). *Evaluating shame with the Thurston Cradock Test of Shame (TCTS)*. Guest lecture presented to a graduate level Advanced Personality Assessment class at the University of Denver Graduate School of Professional Psychology, Denver, CO

Cradock O'Leary, J. (2010, September). *Evaluating and treating shame with the Thurston Cradock Test of Shame (TCTS): Clinical, forensic, and research applications*. Guest lecture presented to graduate students at The Chicago School of Professional Psychology, Chicago, IL

Cradock O'Leary, J. (2010, August). *Evaluating shame with the Thurston Cradock Test of Shame (TCTS)*. Guest lecture presented at a graduate level class at Fuller Graduate School of Psychology, Pasadena, CA

Cradock, J. A. (1999, November). *Projective assessment with the Thurston-Cradock Test of Shame (TCT)*. Invited guest lecture presented at an advanced assessment class in the Marriage and Family Doctoral Program at Fuller Graduate School of Psychology, Pasadena, CA

Community Groups

Cradock, J. A. (1999, May). *Shame and the child*. Invited presentation given at the Spring symposium of the Los Angeles County School Nurses Association and the Los Angeles Council of School Nurses, Burbank, CA

Cradock, J. A. (1998, October). *Shame: Healthy community responses*. Invited presentation given at a meeting of the Pasadena Community Resource Board, Pasadena, CA

Cradock, J. A. (1998, June). *Shame and children*. Guest lecture given at a parenting class at the First Church of the Nazarene, Pasadena, CA

MEDIA

Cradock O'Leary, J. (2020, March). Interviewed podcast guest. *Shame with Dr. Julie Cradock O'Leary*. Homework is Stupid. <https://www.homeworkisstupid.com/blog/shame-with-dr-julie-cradock-oleary>

Cradock O'Leary, J. (2019, July). Interviewed podcast guest. *Assessing Shame with Dr. Julie Cradock O'Leary*. The Testing Psychologist. <http://www.thetestingpsychologist.com/ttp-92-dr-julie-cradock-oleary-assessing-shame/>

SHAME RESEARCH EXPERIENCE

Independent Shame Researcher (July 1999 – present)

Shame Research Team, Fuller Graduate School of Psychology

- Research Assistant (September 1997 – July 1999)
- Member (September 1994 – July, 1999)

Dissertation, Fuller Graduate School of Psychology (May, 1999)

Cradock, J. A. (1999). The Thurston-Cradock Test of Shame (TCT): Construct and discriminant validity. *Dissertation Abstracts International: Section B: Sciences & Engineering*, 60(4-B), 1847.

Master's Thesis, Fuller Graduate School of Psychology (July, 1997)

Cradock, J.A. The Thurston-Cradock Test: A Pilot Study for Measuring Shame with a Projective Instrument

DISSERTATION COMMITTEE MEMBER

Keely, T. C. (2022). "It's right below the surface": Clinicians' experiences of shame in therapy work with adult clients with body shame, body image concerns or eating disorder(s). University of Denver, Denver, CO.

Meier, K. E. (2003). The role of shame in adolescent victim and bully behaviors: A validation study of the Thurston-Cradock Test of Shame. *Dissertation Abstracts International: Section B: Sciences and Engineering*, 63(9-B), 4379.

Rote, S. D. (2002). The Thurston-Cradock Test of Shame: A construct validity study. *Dissertation Abstracts International: Section B: Sciences and Engineering*, 63(2-B), 1046.

Botero, R. K. P. (2001). Shame in adolescence: A pilot-study using the Thurston-Cradock Test. *Dissertation Abstracts International: Section B: Sciences and Engineering*, 62(2-B), 1066.