



Live Webinar*

Moral Scrupulosity OCD: Am I a Bad Person?

Friday, June 5, 2026
9:00AM - 10:30AM PDT

**A recording will be made available for those who can't attend live*

Moral scrupulosity is a subtype of obsessive-compulsive disorder (OCD) in which a person fixates on behaving "correctly" relative to their own moral compass or relative to society's standards. Moral scrupulosity OCD often combines with or underlies other subtypes of OCD. In many cases, moral scrupulosity OCD is a "primary mental" form of OCD in which compulsions are hidden mental processes. Because of this, moral OCD is often overlooked and can even mask as a highly self-critical form of depression. Exposure with response prevention (ERP) is an effective treatment for moral OCD. In this webinar, Drs. Emily Owens and Joel Becker will introduce a CBT conceptualization of moral OCD, review research on treatment for this OCD subtype, and teach effective treatment techniques grounded in ERP, cognitive restructuring, and Acceptance and Commitment Therapy (ACT).



Emily Owens, PhD, (she/her) is a clinical psychologist who specializes in CBT for severe



Joel Becker, PhD, (he/him) is the founder and clinical director of Cognitive Behavior

mental illness. Dr. Owens is passionate about training mental health care professionals in effective methods of CBT and supervises pre-doctoral students as an assistant Clinical Professor at UCLA Department of Psychology. Dr. Owens is a Diplomate of the Academy of Cognitive and Behavioral Therapies and serves as Co-Director of Communications for the North American CBT for Psychosis Network (NACBTpN).

Associates. With over 50 years of expertise in CBT, Dr. Becker enjoys his work as a supervisor and Clinical professor at the UCLA Department of Psychology. Dr. Becker recently became a Fellow of the Association of Behavioral and Cognitive Therapies. He is additionally a Diplomate, Fellow, and Board Member for the Academy of Cognitive and Behavioral Therapies.

Webinar objectives:

1. Name two common presentations of moral scrupulosity OCD.
2. Recall Kohlberg's stages of moral development and how this interacts with moral scrupulosity OCD.
3. Describe two interventions for moral scrupulosity OCD.

Drs. Emily Owens and Joel Becker have not received any commercial support for this program or its contents and will not receive any commercial support prior to or during this program.

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1.5 CE credits provided

Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.

Joel L. Becker, Ph.D., Founder and Director

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All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.
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