

Hope, Help, & Healing



PICKING
ME
CON 2026

"I can truly say Picking Me has given me my life back & connected me with some of the most amazing, caring, genuinely kindhearted people I've ever known." - Erin W.

PICKING
ME
FOUNDATION
pickingme.org

Sponsor the
1ST EVER
Skin Picking
Conference!



Skin Picking Conference

CHICAGO

May 8 - 10, 2026

Royal Sonesta Downtown

pickingme.org/con



Who is PICKING ME?

Founded in August 2016 by CEO Lauren McKeane, **Picking Me Foundation NFP** is the *only* nonprofit dedicated to Dermatillomania (Skin Picking Disorder) for sufferers, supporters, and educational communities alike, encouraging individuals to choose themselves over what chose them, **#PickingMe over Skin Picking**.

Lauren McKeane is a silent-sufferer-turned-adamant-advocate of Dermatillomania. As #PickingMe's CEO and former Skin Picking sufferer, Lauren stands for recovering with, not from, her Body-Focused Repetitive Behavior and offers Dermatillomania awareness, support, resources and community to tens of thousands worldwide. Her work has been featured in **Vogue**, **Buzzfeed**, **DailyMailUK**, **Vice** and more.



*Say hi @laurenmckeaney
lauren@pickingme.org*

What is PICKING ME CON?

The **FIRST** Skin Picking Con worldwide, featuring:

- ★ Mind-expanding sessions
- ★ Thoughtful CE/CME credits
- ★ Helpful exhibitors
- ★ Empowering sponsors
- ★ Friendly networking
- ★ Compassionate support groups



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Picking Me's Impact



theintentionalfallacy

I've seriously seen so much improvement in my skin picking with the help of this community. Not only is my skin healing, but I've been able to come to terms with this disorder and embrace my scars and the journey. I've been having a great summer so far because you all helped me to 'pick me' over skin picking



#pickingme



2 liked by angelahartlin and 79 others

ajdermastory Hey guess what. I'm #pickingME ❤ Major shoutout to @pickingmefdn & @laurenmckean for running this badass non profit bringing visibility to #dermatillomania and #skinpositivity.

"The Picking Me Foundation has changed my life... I never thought I would find a community of people who understand. They do such essential work from spreading awareness to providing resources to hosting their bi-monthly support group... I have learned so much for my journey, and it's always a honor to witness the progress of so many amazing people."

- Camille Klein



annelisecamille 2d

One thing I majorly appreciate about this foundation is the specifics about managing care, the real world options that understand both the social and economic barriers. I can tell it's because of the founder's commitment from their own journey. You do amazing and important work. ❤



teidev Thank you Lauren for putting your story out there. My now 23 yo daughter suffered with this in her teens. In my research for answers I came upon this group. I was able to share it with her. I truly believe her knowing she was not alone in this helped her fight it and heal. Thank you for being vulnerable and sharing. You are making a difference!!! ❤



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didn't know healing was possible but apparently it is!!! Not feeling alone helped greatly.

Your foundation does good work and I hope more people find community supports their progress and healing.



Picking Me Foundation's Global Reach



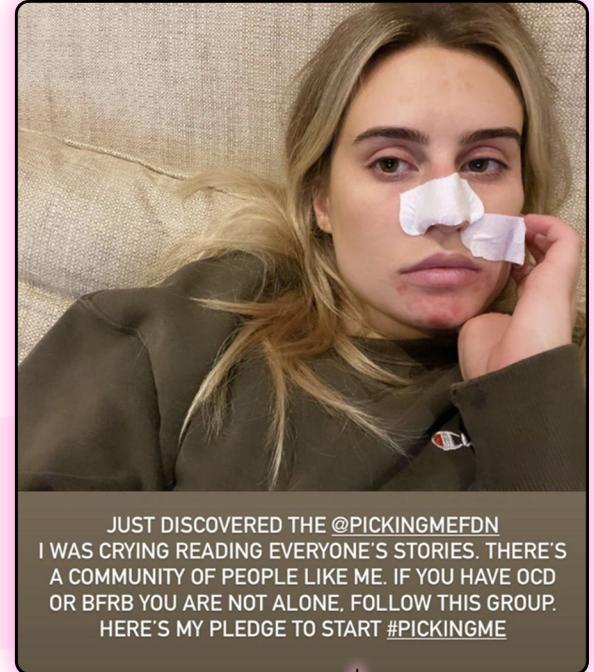
Over **40k** followers across social media, with more than **8.5k** posts of hashtag **#PickingMe** shared.



Online Skin Picking Support Group that has been running for over **8 years** & has seen almost **5,000** attendees.



Pickingme.org reaching the masses with over **8k** visitors a month, featuring **online initiatives, management resources & more.**



JUST DISCOVERED THE @PICKINGMEFDN
I WAS CRYING READING EVERYONE'S STORIES. THERE'S A COMMUNITY OF PEOPLE LIKE ME. IF YOU HAVE OCD OR BFRB YOU ARE NOT ALONE. FOLLOW THIS GROUP.
HERE'S MY PLEDGE TO START #PICKINGME

Plus **100's** of public speaking, online & in-person, events!



"Picking Me Foundation has allowed me to feel I am an important part of a sacred community of worthy individuals who support and care for one another... We connect in a kind, compassionate, and loving way. It's simply beautiful!"

- Jean Marie

Con at a Glance

This Mother's Day Weekend

May 8 - 10th

Nurture your inner child & help heal future you!

Dermatillomania (Skin Picking Disorder)

is a Body-Focused Repetitive Behavior related to OCD that causes repetitive picking of one's own skin to the extent of causing tissue damage & impairing quality of life.

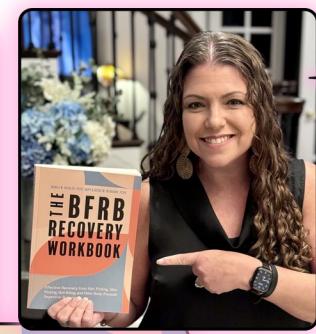
Diagnostic Criteria

- Recurrent skin picking that results in skin lesions
- Repeated attempts to stop the behavior
- Symptoms cause clinically significant distress or impairment
- Symptoms are not caused by a substance, medical or dermatological condition
- Symptoms are not better explained by another psychiatric disorder



Picking Me Con

will feature some of the **biggest leaders** in the Body-Focused Repetitive Behavior field, such as Dr. Renae Reinardy of Lakeside Center for Behavioral Change, Dr. Marla Deibler of The Center for Emotional Health, Dr. Laura Chackes of Center For Mindfulness & CBT, University of Oxford professor Clare Mackay, Lauren McKeane of Picking Me Foundation and more!



UNIVERSITY OF
OXFORD



Schedule at a Glance



*Featuring over 20 sessions!

★ Fri, May 8th ★

TRAINING

7 AM	7 AM: Welcome
8 AM	7:15 AM: Break/Network
9:15 AM	7:45 AM: Session 1
9:30 AM	8:45 AM: Session 2
10:45 AM	9:45 AM: Break/Network
11:15 AM	10:15 AM: Session 3
12:30 PM	11:15 AM: Session 4
1:30 PM	12:15 PM: Closing
2 PM	12:30 PM: Ends
2:45 PM	Check-in/Explore Activations
3 PM	
3:30 PM	Welcome
4:15 PM	
4:30 PM	
4:45 PM	Break
5 PM	Support group
5:30 PM	
6 PM	Mixer
7 PM	
7:30 PM	Dinner on your own
8 PM	Karaoke Welcome Party at She-nannigans 16 W Division St, 60610
10 PM	
10:30 PM	

★ Sat, May 9th ★

Breakfast/Exhibit Hall

Time slot 1

Break

Time slot 2

Snack Break

Time slot 3

Lunch on your own

Time slot 4

Break

Time slot 5

Break

Keynote

Exhibit Hall/Activations

Gala

★ Sun, May 10th ★

Breakfast/Exhibit Hall

Time slot 6

Break

Time slot 7

Snack Break

Time slot 8

Closing

Ends

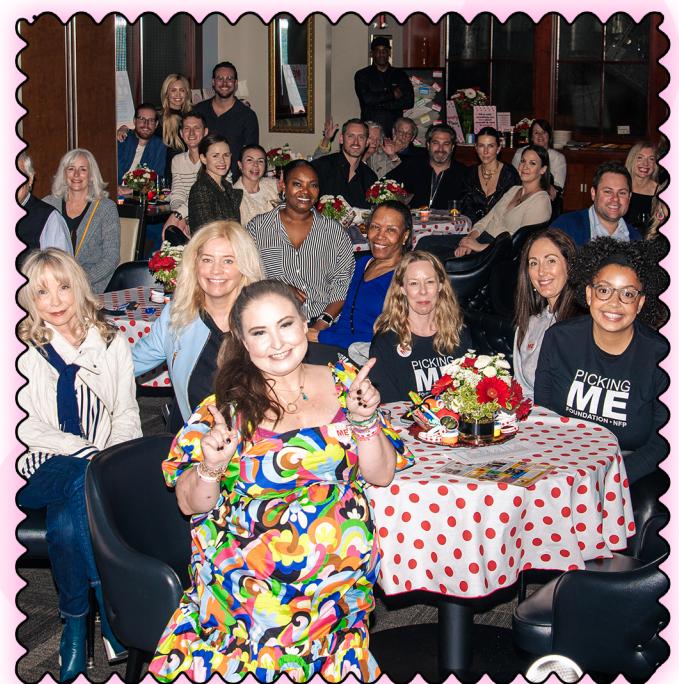
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Our community consists of those with lived-experience, loved-ones & supporters, and educators, all united by Skin Picking Disorder's global impact.

Why **attend** PICKING ME **CON?**



Inspire **hope** by promoting understanding and awareness



Provide **help** through resources and support



Encourage **healing** with connection and community



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Picking Me Con May 8-10, 2026

★ Ticket Breakdown: ★

Early Bird:

\$350

Available thru 4/1/26

Standard Rate:

\$450

Available after 4/1/26

Includes:

- Access to over 30 sessions
- Meet over 200 community members
- Discounted downtown hotel rate
- Welcome karaoke part
- Gala dinner & silent auction
- 2 breakfasts
- 3 snack breaks
- Compassionate support group
- 12 exhibitors
- Researchers & doctors
- Thoughtful CE/CME credits
- \$50 value tote bag



Purchase a ticket by April 1st, 2026 to snag our early bird rate!

Interested in discounted volunteer & scholarship opportunities?

Email: lauren@pickingme.org

PLEASE NOTE: Ticket purchases can be refunded up to 3 weeks before the conference, but will incur a cancellation fee of \$100.

pickingme.org/con

**PICKING
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pickingme.org

Picking Me Con Clinician Training

Friday, May 8th 7 AM - 12:30 PM

\$175

**INCLUDES 4
CE CREDITS**

**Picking Me Con ticket sold separately*

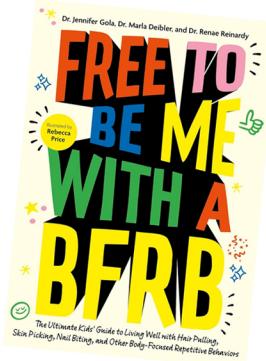
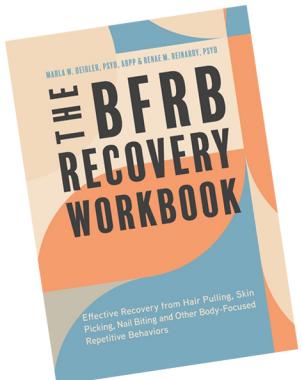
Led By:



**Dr. Marla W.
Deibler, PsyD**

Founder & Executive
Director, *The Center
for Emotional Health*

& co-author of *The BFRB Recovery
Workbook* + *Free to Be Me with a BFRB!*



TBD

Why Attend?

- Experience valuable education from leading BFRB providers, with firsthand insight into their published works
- Take advantage of numerous networking opportunities with clinicians during breakfast & coffee breaks
- Listen to lived-experience testimonials to gain better insight in providing treatment plans
- And so much more!



The Venue



Royal Sonesta Downtown

71 E Wacker Drive
Chicago, IL, 60601

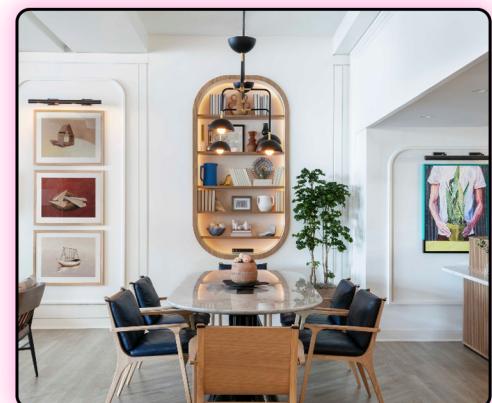


Registrants receive a discount
room rate of **\$188** a night!



Nestled in the heart of bustling downtown Chicago, The Royal Sonesta is a luxurious, boutique hotel boasting breath-taking views, cozy accommodations and gorgeous event space.

Located just minutes away from iconic Chicago destinations such as The Magnificent Mile, The Art Institute and Millennium Park, plus countless shops and restaurants, you'll never run out of things to do during your stay.



pickingme.org/con



Your sponsorship ensures we can provide an **unforgettable conference experience** while positioning your brand for **prominent visibility and meaningful recognition**.

Why **sponsor** PICKING ME **CON**?



Be a **leader** in the Mental Health community, standing for quality care for all



Connect with over 200 appreciative attendees in-person



Strengthen access to your brand to intended individuals

* PLUS access to over 20 specialized benefits for your brand!



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Booth Rental Rates

Booth Rate	\$400	<i>Booths are on 6 x 3 ft tables, table cloths included</i>
Booth Rate for Nonprofits	\$300	

**Includes one registration, full con access & 1 booth pass*

Rental fees include:

- ★ 6 x 3 draped table
- ★ 1 chair & 1 trash can
- ★ Complimentary wi-fi
- ★ Logo & info listed on guide
- ★ Logo & info listed on webpage
- ★ Event signage
- ★ Event thank you
- ★ Email & social media ft
- ★ App listing
- ★ Program mention



*Help maintain our mission
of Skin Picking Disorder **Hope,**
Help, & Healing by donating.*

Picking Me Foundation

@PickingMeFoundation



venmo

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All major cards now accepted!



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