

# Hope, Help, & Healing



## PICKING ME CON 2026

PICKING  
**ME**  
FOUNDATION  
[pickingme.org](http://pickingme.org)

Sponsor the  
**1ST EVER**  
Skin Picking  
Conference!

*"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.*



## Skin Picking Conference

# CHICAGO

## May 8 - 10, 2026

### Royal Sonesta Downtown

[pickingme.org/con](http://pickingme.org/con)



# Who is PICKING ME?

Founded in August 2016 by CEO Lauren McKeaney, **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 McKeaney** 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



Liked by angelahartlin and 79 others

ajdermastory Hey guess what. I'm #pickingME ❤️ Major shoutout to @pickingmefdn & @laurenmckeaney 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**



annelise.camille 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!!! ❤️



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.



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# 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*

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# 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.*

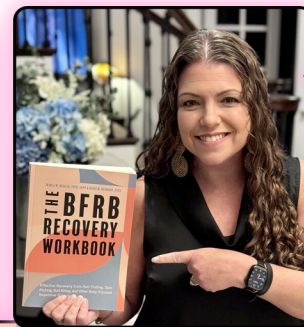
## Diagnostic Criteria

- 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

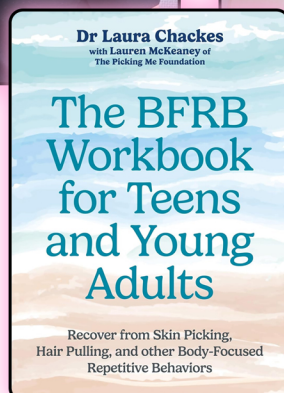


## Picking Me Con

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 McKeaney of Picking Me Foundation and more!



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# 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
10 PM	16 W Division St, 60610
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



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 ?



**Hope**

Inspire **hope** by promoting understanding and awareness

**Help**

Provide **help** through resources and support

**Healing**

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](mailto: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.*

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# 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!



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**As stated, Picking Me  
Con tickets are sold  
separately, so make  
sure to also secure  
your attendee  
ticket at the link!**



**[pickingme.org/con](https://pickingme.org/con)**

# The Venue



## Royal Sonesta Downtown

71 E Wacker Drive  
Chicago, IL, 60601

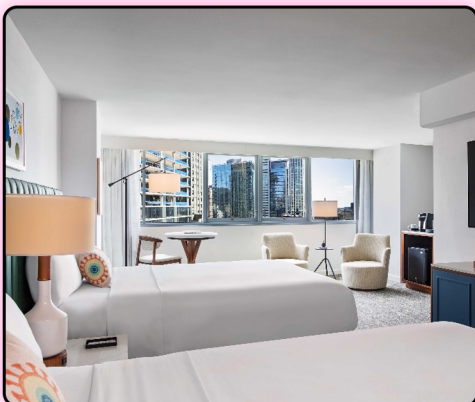


Registrants receive a discount  
room rate of \$188 a night!



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](https://pickingme.org/con)



# Why *sponsor* PICKING ME CON?

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



**Lead**

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

**Connect**

**Connect** with over 200 appreciative attendees in-person

**Strengthen**

**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

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

*\*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**

**[pickingme.org/donate](https://pickingme.org/donate)**

*All major cards now accepted!*



**[pickingme.org/con](https://pickingme.org/con)**