

## Dine with a San Diegan

We know that ABCT is a large conference and can feel overwhelming for new attendees. We wanted to give people the opportunity to get to know other ABCT members and participate in small, intimate networking gatherings, while also getting to try out some local cuisine. All dinners are open to clinicians and researchers. We would love for you to join us for a fun and relaxed meal! Below are short descriptions of our professional and student dinner hosts and the restaurants that they will be dining at.

### Professional Dinners

#### **Friday 7:30pm**

##### **1) Karlee McGlone, LMFT, Samira Zakkout, M.Ed./Ed.S., & Andi Fessler, MA**

- **Bio:** Karlee McGlone is a Licensed Marriage and Family Therapist in the Department of Psychiatry at UC San Diego. As the Admissions Manager for the Adult Eating Disorder Program at UCSD, she is passionate about meeting individuals and their families when they are seeking treatment and working with them to get the care they deserve. She has clinical experience treating eating disorders in residential, partial hospitalization, intensive outpatient and private practice settings.
- **Bio:** Samira Zakkout earned her M.Ed./Ed.S. in Mental Health Counseling from the University of Virginia and is an admission clinician at the UCSD Eating Disorder Center. Samira has experience providing individual and group therapy to adolescents and families in a residential setting and was employed as a Behavioral Support Specialist for a non-profit organization in San Diego. Samira is passionate about providing clinical services and support to children, adolescents, families, and adults.
- **Bio:** Andi Fessler is a Clinical Mental Health Counselor in the Department of Psychiatry at UC San Diego. She currently serves as the Admissions Clinician for Adolescent & Pediatric Programs at the UCSD Eating Disorders Center. During her graduate studies, her research interests centered upon the integration of positive psychology, strengths based approaches, and trauma informed care into mental health treatment. Her present clinical interests and specialized training include evidence-based trauma treatment, risk and trauma assessment, as well as the scientific and neurobiological underpinnings of eating disorders as it relates to treatment and advocacy.
- **Restaurant:** **Bankers Hill Bar and Restaurant**; 2202 Fourth Ave, San Diego, CA 92101(New American)

#### **Saturday 7:30pm**

##### **2) Jessie Menzel, Ph.D.**

- **Bio:** Jessie Menzel is an assistant clinical professor in the Department of Psychiatry at UCSD and the founder of the pediatric program at the UCSD Eating Disorder Center for Treatment and Research. She earned her PhD in clinical psychology from the University of South Florida. Dr. Menzel has specialized training experiences in family-based therapy, cognitive behavior therapy, dialectical behavior therapy, motivational interviewing, and exposure and response prevention for OCD and other anxiety disorders. Dr. Menzel has published research in the fields of eating and anxiety disorders and her current research interests are in the development of innovative treatments for Avoidant-Restrictive Food Intake Disorder (ARFID).
- **Restaurant:** **Cucina Urbana**; 505 Laurel St, San Diego, CA 92101 (Contemporary Italian)

## **Student Dinner**

**Friday 7:00pm**

**1) *Maya Reiter***

- **Bio:** Maya Reiter is a doctoral student in SDSU/UC San Diego's Joint Doctoral Program in Clinical Psychology. Under the mentorship of Dr. Ralph-Axel Müller, she studies the neural substrates of Autism Spectrum Disorders using neuroimaging methods such as fMRI, DTI and MRS. In 2017, Maya was named as an Autism Speaks Weatherstone Predoctoral Fellow. Her research seeks to identify neural mechanisms that are linked to positive outcome and psychological well-being in autism spectrum disorders during the key transition to adulthood.
- **Restaurant: Ironside Fish and Oyster** (in little Italy); 1654 India Street, San Diego, CA 92101 (Seafood)

**If you are interested in participating in one of these dinners, you can e-mail our Local Arrangements Co-Chair, Tiffany Brown with your name, the dinner you want to attend, email, and cell phone number to [tiffanybrown@ucsd.edu](mailto:tiffanybrown@ucsd.edu). Note that space is limited.** You can also sign up for the dinners at the Local Arrangements Table beginning Thursday, November 16 during the convention.

As a reminder, each participant is responsible for paying for their own meal. The dinner hosts will reach out to participants to coordinate a meeting time and place. Their cell phone numbers will be provided.