

Lauren Mistretta Upton

Associate

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Lauren Mistretta Upton represents companies, non-profits and individuals in commercial litigation matters. She helps steer clients through a wide variety of legal disputes and they appreciate that she is responsive, efficient and a dedicated advocate at every stage of the dispute resolution process.

Lauren's intellectual property litigation experience includes trademark and copyright infringement matters and trade secret misappropriation. Her business litigation experience includes shareholder disputes, employment discrimination, restrictive covenant disputes and a wide variety of partnership and commercial contract disputes. While Lauren's practice focuses heavily on business disputes, intellectual property and employment litigation, she has significant experience in professional liability, premise liability, insurance coverage and complex personal injury matters. She practices regularly in both state and federal courts.

Lauren previously practiced in the Baltimore office of a regional civil litigation defense firm, where she developed and implemented litigation strategies, prepared pleadings, drafted and argued motions and conducted discovery. She has



Bar & Court Admissions

District of Columbia

Maryland

U.S. District Court for the
District of Maryland

U.S. District Court for the
District of Columbia

Education

Wake Forest University
School of Law, J.D., 2017

University of Maryland,
B.A., 2014

represented clients in jury trials, bench trials and mediations.

Before entering private practice, Lauren served as a Judicial Law Clerk to the Hon. Joseph M. Getty of the Supreme Court of Maryland and the Hon. Paul J. Hanley of Baltimore County Circuit Court. She is a 2017 graduate of the Wake Forest University School of Law, where she served as Articles Editor for the *Wake Forest Journal of Law and Policy*. While in law school, she also worked as a summer clerk in the Maryland Office of the Public Defender in Towson, Maryland.

Recognition

- Super Lawyers, Rising Stars 2023 – 2025
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