



## Allaina Murphy

Associate

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## Practice Areas

Discrimination and Harassment  
Whistleblowing, Compliance and Investigations  
Litigation and Trials  
Healthcare

## Overview

Allaina Murphy focuses her practice on labor and employment law matters.

Prior to joining Littler, Allaina practiced at a Denver-based firm defending clients against unfair labor practice charges before the NLRB. She previously worked at a Portland, Maine-based firm defending against claims filed in court and with state and federal agencies. She also worked in the commercial litigation practice groups at both firms.

During law school, Allaina was a notes and comments editor for the *University of Connecticut Law Review*. She was a law clerk for the Department of Energy, Office of the Assistant General Counsel for Legislation, Regulation and Energy Efficiency. She also served as an intern for the Office of the Maine Attorney General in the Litigation Division, and the Professional and Financial Regulation Division.

## Education

J.D., University of Connecticut School of Law, 2020  
B.A., Bates College, 2015

## Bar Admissions

Maine  
Colorado

## Courts

U.S. District Court, District of Maine

U.S. District Court, District of Colorado

## **Events & Speaking Engagements**

### **2024 Maine Employment Law Update**

July 24, 2024