GOLDBERGSEGALLA



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Hartford

PRACTICES

Workers' Compensation

Catherine A. Young

ASSOCIATE

EXPERIENCE

Catherine A. Young maintains a focus on workers' compensation matters, representing employers, insurers, and third-party administrators throughout Connecticut. She handles every stage of the claims process from inception through resolution, including discovery, depositions, hearings, petitions, mediations, settlement, and trial. Before joining Goldberg Segalla, Catherine was an associate counsel and workers' compensation specialist at a major national insurance company where she managed more than 105 workers' compensation cases, providing defense and accomplishing the carrier's legal objectives, and provided legal guidance and advice to claims professionals.

While attending New England Law | Boston, Catherine gained valuable experience through a number of legal internships, serving at a law firm, the Volunteer Lawyers Project, and the Middlesex District Attorney's Office, where she researched evidentiary issues related to motions to dismiss or motions to suppress and used that knowledge to draft opposing motions and memoranda.

HONORS & AWARDS

- *Best Lawyers in America: Ones to Watch*
  - Workers' Compensation Law – Employers, 2027

BACKGROUND

ADMISSIONS

- Connecticut, 2024

EDUCATION

- New England Law | Boston, J.D., 2023
  - CALI Excellence for the Future Award in Negotiation
- Temple University, B.B.A., 2016

PROFESSIONAL AFFILIATIONS

- Connecticut Bar Association
  - Presidential Fellow, 2025-2027
  - Connecticut Lawyer Advisory Committee
  - Young Lawyers Section
- George W. Crawford Black Bar Association
  - Board of Directors

COMMUNITY INVOLVEMENT

GOLDBERGSEGALLA

Catherine A. Young

ASSOCIATE

- The Appellate Project, 2022 to present
- The CORI Initiative at New England Law, 2021-23