

# *ERISA Litigation Attorney*

**Summary:** Learn more about what it is like to be a ERISA Litigation attorney in this article.

## ***What Does an ERISA Litigator Do?***

- This practice area involves litigating cases involving ERISA issues in federal court and in administrative agencies.
- The trials in these cases typically do not involve any factual disputes and are based on a written record.
- There are rarely depositions and very little discovery.

## ***Why Do ERISA Litigators Enjoy Their Jobs?***

- This is a good practice area for attorneys who enjoy lots of specialized research and writing.
- There is not a lot of contact with people in this practice area, and therefore the attorneys doing this tend to be introverted and enjoy working on their own.

## ***What Are the Difficulties of Being an ERISA Litigator?***

- This is a narrow practice area and people who do this work need to be comfortable in a very confined practice area.

## ***How Easy Is It to Move Laterally as an ERISA Litigator?***

- This tends to be a very difficult specialty to lateral in, and there are not a lot of positions for lateral attorneys.

### **ERISA Litigation Case Studies**

[Solo Senior Practitioner Looking for a Role at a Firm](#)

[Industry Plus Law Firm Experience Key to Plum Placement in Niche Practice Area](#)

[ERISA Investigator in Boston Placed at Boutique ERISA / Labor & Employment Firm in SF](#)

[Senior ERISA Attorney in the Midwest Conducting a Search in the South](#)

[25+ Year ERISA Associate in the District of Columbia Seeking a New Position](#)

[Talented ERISA/Executive Compensation Attorney in New York City](#)