



McKINLEY IRVIN

FAMILY LAW

THERESA R. LORELLA

SENIOR ATTORNEY



BEST LAWYERS IN AMERICA® 2026

AREAS OF PRACTICE

- Divorce
- High Asset Divorce
- Child Custody
- Legal Separation
- Relocation
- Unmarried Couples
- Adoption
- Collaborative Law
- Mediation

CONTACT THERESA

P 206.625.9600

E contact@mckinleyirvin.com

601 Union Street, Suite 3030
Seattle, WA 98101

Theresa Lorella became an attorney to help people find their voices in difficult and emotional circumstances.

"Expressing yourself can be challenging in any situation, but more so when your whole life is about to change. That's why I always prioritize my client's need to be heard and validated, whether I'm helping them navigate a contentious divorce, modify a parenting plan, or negotiate a property settlement."

First and foremost, this entails listening. Theresa's clients are relieved to have someone listen to their perspective, their concerns, and their hopes for the future, and by fully understanding where her clients are coming from, she can help them achieve the best resolution.

While she is a strong advocate in litigation, Theresa believes in reducing conflict whenever possible. She is specially trained in collaborative law and serves as a neutral mediator in settlement conferences. This experience gives her a unique perspective and the tools to think "outside of the litigation box." Whether she is acting as an attorney or as a mediator, Theresa is highly efficient in facilitating fair and long-lasting agreements.

"I view each family law case as a puzzle to solve instead of a fight to be had. My goal as an attorney is to help my clients minimize conflict, anxiety, and discord while advocating for their needs."

Theresa has significant experience representing clients in the technology industry and in high-value asset cases involving real estate, work-related benefits, and stock award division. As a trained guardian ad litem (GAL), she is effective in cases involving parenting plans and non-parental custody.

Outside of the office, Theresa keeps busy by running marathons, publishing novels, and chasing after her two young children.

"Theresa has been very responsive and helpful in navigating my divorce and a subsequent change to my parenting plan. She has always answered my questions and completed paperwork in a timely manner."

– FORMER CLIENT



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EDUCATION

J.D., Seattle University School of Law, 2004
Study Abroad: NAFTA and Mexican Business Law, Guanajuato, Mexico, 2003
B.A., Seattle University, 2001
Title 11 Guardian ad Litem Training, 2019
Arbitration Ethics Training, 2019
Title 26 Guardian ad Litem training, 2015
Collaborative Law Training, 2014
Mediation Training, 2014

DISTINCTIONS

The Best Lawyers in America® in the field of Family Law, 2024-2026

MEMBERSHIPS

Washington State Bar Association
King County Bar Association
Collaborative Professionals of Washington
Domestic Relations Attorneys of Washington (DRAW)

ADMISSIONS

Washington State Supreme Court, 2005

IN THE COMMUNITY

Pro Bono Adjunct Professor, Seattle University School of Law, 2022

PUBLICATIONS & PRESENTATIONS

- Author, "A New Approach to Solving Conflict: Primary Dispute Resolution in Family-Based Matters," *King County Bar Bulletin*, 2021
- Presenter, "Interviewing & Investigation Techniques," *UW Continuum College Paralegal Studies Certificate Program*, 2020 and 2021
- Author, "Divorce and COVID-19 Guide: 19 Tips to Productively Navigate Your Family Law Matter During the Pandemic," *McKinley Irvin Family Law Blog*, 2020
- Author, "Child Support: Paying and Receiving When the Economy is Suffering," *McKinley Irvin Family Law Blog*, 2020
- Contributing Author, "Alternatives to Trial for Divorces During COVID-19," *McKinley Irvin Family Law Blog*, 2020
- Author, "Japanese Roses, A Novel Journey," *King County Bar Bulletin*, 2014
- Author, "Running a Law Practice Takes Stamina, Patience," *King County Bar Bulletin*, 2007

"I have been working with Theresa for almost a year now. I hired her to represent me in a high conflict divorce and custody case. She has been consistently excellent in her responsiveness to my concerns and ability to conduct herself with integrity when against very unprofessional opposing counsel. She has been compassionate and understanding of the stressful dynamics of my case while helping me focus on the best ways to productively move forward legally. I highly recommend her."

– FORMER CLIENT

ABOUT MCKINLEY IRVIN

McKinley Irvin is the Pacific Northwest's premier law firm dedicated exclusively to family law. For over thirty years, our attorneys have been recognized for their leadership in a wide range of traditional and innovative family law matters, including high-conflict divorces, complex property division, collaborative law, contested child custody, international family law, military family issues, and LGBTQ+ family law.

