



John J. Parente

Of Counsel

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John J. Parente is Of Counsel in our San Francisco office. He joined LFLM in 2020 and defends insurance carriers, third-party administrators, and self-insured employers in all areas of state workers' compensation defense.

Mr. Parente is the founding partner of Parente & Christopher, a former defense practice in San Rafael, California. He is a Certified Specialist in Workers' Compensation having practiced workers' compensation law for 43 years. Mr. Parente is a Judge Pro Temp at the Workers' Compensation Appeals Board since 1983 and serves as an Arbitrator and Mediator. He is the former President of the California Workers' Compensation Defense Attorneys Association and is currently the Treasurer of the Executive Committee of the California Lawyers Association Workers' Compensation Section.

Mr. Parente has extensive experience in representing self-insured employers, carriers and uninsured employers on regular workers' compensation claims as well as 132a and serious and willful defense. He has served as a lecturer to the California Self-Insurers Association, CEB, the California Lawyers Association Workers' Compensation Section and the American Bar Association Tort and Workers' Compensation Section.

Honors & Awards

- Workers' Compensation Law - Certified Specialist (The State Bar of California Board of Legal Specialization)
- Judge Pro Temp at the Workers' Compensation Appeals Board since 1983 and serves as an Arbitrator and Mediator
- Former President of the California Workers' Compensation Defense Attorney Association (CWCDAA)
- Treasurer of the Executive Committee of the California Lawyers Association Workers' Compensation Section
- Lecturer to the California Self-Insurers Association, CEB, the California Lawyers Association Workers' Compensation Section and the American Bar Association Tort and Workers' Compensation Section

Practice Areas

- Workers' Compensation Defense
- Labor Code §132a Discrimination
- Labor Code §4553 Serious and Willful Misconduct

Admitted to Practice

- The State Bar of California, 1976

Education

- Lincoln University