



Michelle C. Sebring

Associate Attorney

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Michelle C. Sebring is an Associate Attorney in our San Diego office. She joined LFLM in 2018 and defends insurance carriers, third-party administrators, and self-insured employers in all areas of state workers' compensation defense.

Ms. Sebring received her Bachelor's degree from the University of Washington in Seattle, majoring in Sociology with a minor in Criminal Justice. Ms. Sebring earned her law degree from Nova Southeastern University, Shepard Broad Law Center in Ft. Lauderdale, Florida. During law school, Ms. Sebring was an Articles Editor for the Law Review. She previously worked in the District Attorney's office and as a criminal defense attorney in Ventura.

Ms. Sebring is a Workers' Compensation Specialist, and has been practicing in this area of law since 2009. Ms. Sebring has provided client training on psychiatric injuries, AME/QME examinations and various case law updates.

Professional or Trade Affiliations

- American Bar Association
- San Diego County Bar Association
- Risk Insurance Management Society
- Association of Workers' Compensation Professionals

Publications

- **RISING COSTS OF THE MEDICAL-LEGAL PROCESS: Revisions to Medical-Legal Fee Schedule**, 2021
- **Working From Home: Firing Up Litigation?**, 2020

Podcasts

- [Episode 2 – Working from Home with Special Guest Michelle Sebring, Esq., 2021](#)

Certifications

- Certified Workers' Compensation Specialist by the State Bar of California Board of Legal Specialization

Personal

Ms. Sebring is an avid yogi. Her hobbies include exploring new cuisine, golf and traveling.

Practice Areas

- [Workers' Compensation Defense](#)

Admitted to Practice

- The State Bar of California, 2007

Education

- Nova Southeastern University, Shepard Broad Law Center, Ft. Lauderdale, Florida, Juris Doctor, 2007
 - Law Review Articles Editor and Senior Staff Member
 - Dean's List: Fall 2005, Winter 2006, Fall 2006, and Winter 2007
- University of Washington, Seattle, Bachelor of Arts in Sociology, 2003
 - Dean's List: Winter 2001, Spring 2001, and Winter 2003