

CAITLIN DEAL

Attorney, Associate

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"I always want my clients to feel like we are working together as a team. A great deal of this approach is rooted in ongoing, clear communication. Then it's about embracing my role as a guide to ask and answer questions and provide feedback – ultimately reaching the best outcome possible."

SERVICES

Family Law

CREDENTIALS

EDUCATION

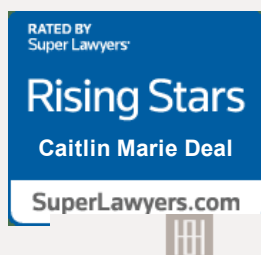
- University of Minnesota Law School, Juris Doctor, 2017 – Magna Cum Laude
- Brown University, B.A., 2015 – Magna Cum Laude

BAR ADMISSION

- Minnesota

HONORS

- North Star Lawyer, Honored by Minnesota State Bar Association for commitment to pro bono service, 2023
- U of M Law School Dean's List
- Recipient of MH Hicks Prize for Outstanding Achievement in Archaeology
- Recipient of Undergraduate Teaching and Research Award
- Recognized in Best Lawyers: Ones to Watch, 2025
- Selected for inclusion in Minnesota Super Lawyers–Rising Stars®, 2024



HENSON EFRON

ABOUT ME

I am excited to be an associate in the firm's Family Law practice group. Prior to joining Henson Efron, I worked at Meagher + Geer, and as a law clerk for the Honorable Elizabeth V. Cutter of the Fourth Judicial District's Family Court. During my clerkship, I gained substantive experience in navigating family law matters involving pre- and post-decree custody and parenting time disputes, child support, and property division issues. I have also clerked for the Honorable Kristin A. Siegesmund and for the Honorable Mel I. Dickstein, both of the Fourth Judicial District.

I obtained my B.A., magna cum laude, from Brown University in 2014. While there, I was active in student groups and the recipient of several awards, including the MH Hicks Prize for Outstanding Achievement in Archaeology, and the Undergraduate Teaching and Research Award.

In 2017, I obtained my J.D. from the University of Minnesota Law School, where I earned a spot on the Dean's list and was the recipient of the John Kukowske Memorial Scholarship and the Dean's Distinguished Scholarship. I was also an active participant in the International Moot Court and a Student Director of the Immigration and Human Rights Law Clinic. Professionally I am affiliated with Minnesota State Bar Association, Association of Family and Conciliation Courts, Minnesota Chapter, Legislative and Public Policy Committee, Hennepin County Bar Association, and Minnesota Women Lawyers.

Clients say...

"Caitlin is optimistic, resilient, and cheerful while also being incredibly realistic and balanced."

"In my work and experience with Caitlin, I found her to be hard-working, resourceful, and direct. Her intelligence and work ethic truly make her stand out."

"When the task at hand is challenging, it might be common to be cynical or complain. As I've observed Caitlin, she doesn't resort to this negativity. Instead, she positively brightens the environment around her. I know clients are drawn to her because of that spirit."

"Caitlin was one of my favorite people to work with. I externed with the judge she clerked for and her encouragement guided me through a tough time in law school."

ASSOCIATIONS

PROFESSIONAL

- Hennepin County Bar Association
- Member of the Association of Family and Conciliation Courts, Minnesota Chapter
 - Member of the Legislative and Public Policy Committee
- Member of Minnesota Women Lawyers

THOUGHT LEADERSHIP

- Co-Presenter, "Financial Issues: Child Support, Spousal Maintenance, and Property Division" for law clerks, Minnesota State Law Library CLE, February 2024
- Co-Presenter, "Social Issues: Custody and Parenting Time" for law clerks, Minnesota State Law Library CLE, February 2024