

Karen Poppy

SENIOR ASSOCIATE ATTORNEY

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SAN FRANCISCO, CA

WCAB VENUES COVERED:

OAKLAND, SAN FRANCISCO, SAN JOSE, SANTA ROSA



Karen Poppy is a Senior Associate Attorney in the San Francisco office. With over 20 years of experience in workers' compensation litigation, Karen is known for her adept application of aggressive strategies, consistently achieving successful and cost-effective case resolutions.

Admitted to the State Bar of California and the Federal District Courts in California in 2004, Karen brings a wealth of experience to her role at Albert & Mackenzie. She has an extensive background in both civil and workers' compensation litigation, representing clients on both sides of the spectrum. Karen's notable achievements include obtaining several Take Nothing Findings.

Karen grew up in Foster City, California. Karen's professional journey is underscored by her commitment to aiding clients in achieving resolution and simplifying their lives. Her career in law was inspired by a deep-rooted passion for helping others, and she finds immense fulfillment in the pursuit of this mission.

Outside the courtroom, Karen enjoys literature, horseback riding, yoga, and the art of soap making. Yet, her true passion lies in connecting with others. Fun fact: Karen writes poetry, some of which has been set to music by esteemed composers, featured on a Grammy-nominated CD, adapted into a short film for an international project, and published in various books, literary journals, and magazines.

EDUCATION

- UC Law San Francisco – Juris Doctor
- Smith College, Northampton, Massachusetts – B.A. in Comparative Literature (Honors) and Spanish

ADMISSIONS

- State Bar of California
- State Bar of Texas

Specialties: Defense of workers' compensation claims on behalf of employers, insurers and third-party administrators, subrogation, and employer representation in civil litigation.