Loren K. Poss



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Practice Areas

Workers' Compensation Defense

Education

J.D., University of Tulsa College of Law, 2022, *highest honors*
B.A., Texas State University, 2018, *cum laude*

Bar Admissions

Oklahoma, 2022
Missouri, 2026

Professional Affiliations

Oklahoma Bar Association
- Workers' Compensation section
- Women in Law section

Tulsa County Bar Association
- Young Lawyers Committee
- Law School Mentor Committee

Tulsa County Young Professionals
Missouri Bar Association

Loren represents employers and insurance carriers in Oklahoma workers' compensation matters, with experience in all phases of litigation and discovery. She has conducted hundreds of depositions of claimants and witnesses, developing critical testimony to evaluate claims, build defense strategies, and position cases for favorable outcomes. She has also handled complex civil litigation depositions for trucking and insurance defense matters. Loren is an accomplished legal writer and oral advocate whose briefing and argument have contributed to significant developments in Oklahoma workers' compensation law, including important precedent before the Oklahoma Supreme Court concerning the statute of limitations and the timely prosecution of claims.

Loren prioritizes responsive, client-focused service and works to ensure clients feel informed and supported throughout each matter. She maintains open communication, provides thoughtful assessments of claim exposure, and helps clients make informed decisions about defense strategy and resolution. Loren often presents at local and regional seminars, educating current and prospective clients on developments in relevant Oklahoma statutes and case law and providing practical Workers' Compensation 101 training.

Loren joined McAnany, Van Cleave & Phillips as a law clerk in 2021 before earning her Juris Doctor from the University of Tulsa College of Law in 2022, graduating with Highest Honors. While in law school, she served as Articles Editor of the Tulsa Law Review and President of the Resources, Energy, and Environmental Law Society.

Outside of her practice, Loren enjoys coaching volleyball, volunteering and fostering with local animal rescues, and playing mahjong with friends. She frequently travels back to West Texas to visit her family's ranch, accompanied by her Labrador Retriever, Butters.

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