

Sophia Herbst

She/Her
Practice Attorney

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Sophia is a litigation associate in the firm's D.C. office with extensive experience assisting clients in all stages of litigation. She has worked in a variety of practices such as Commercial Litigation, Bankruptcy, and Professional Liability in both state and federal courts as well as international and domestic commercial arbitrations under the AAA and UNCITRAL rules.

In addition to her work at the firm, Sophia is an Adjunct Professor at The George Washington University Law School, where she is a coach for the American University LLM International Commercial and Investor State Arbitration Moot Competition and the GW Spanogle International Arbitration Competition. She teaches the core principles of international arbitration and oral advocacy and provides individual and group mentoring and career guidance. In addition to her time as an adjunct professor, Sophia was a Law Clerk for the Honorable Charles N. Brower for his international commercial and investor-state arbitrations.

Recognitions

- Best Lawyers in America: Ones to Watch 2026
 - Super Lawyers: New York Metro Rising Star 2025
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Activities

- Steering Committee member, Campaign for Greener Arbitrations, 2026-2028
 - FDI Moot Regional Ambassador, 2026-2027
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Credentials

EDUCATION

Sophia earned her J.D. from The George Washington University in 2018. She recently received her L.L.M. in International Business and Economic Law from Georgetown University Law Center in 2024 with a Certificate in International Arbitration and Alternative Dispute Resolution. Sophia graduated with Distinction and on the Dean's List

for her master's program. Sophia received her B.A., *magna cum laude*, with special honors in criminal justice from The George Washington University in 2014.

ADMISSIONS

- District of Columbia
- Maryland
- New York

Related Insights & News

- "Ally or Adversary: Mediation's Impact on International Arbitration and Multi-Tier Dispute Resolution Clauses," American Bar Association, International Law Section, Annual Conference, May 2026.
- "Creating and Providing First Opportunities for Young Practitioners and Students: A Dialogue Between Senior and Junior International Disputes Attorneys," Women's Bar Association panel, April 8, 2026.
- "Lost in Legal Translation: Language, Legal Culture, and Risk in International Arbitration and Litigation," American Bar Association: International Law Section, Americas Conference, Mexico City, January 2026.
- "Lost in Legal Translation: Language, Legal Culture, and Risk in International Arbitration and Litigation," Kluwer Arbitration Blog, December 23, 2025.
- "The Rise of Investor-State Public Health Disputes: Lessons Learned from the Idiosyncrasy of Argentinian and NAFTA Case in the Era of COVID-19", *Revista Contexto N56*, July-December 2021
- "Shareholder Disputes and the Nigerian Foreign Investment Framework: Attribution Under the Prism of the Interocean Case", *Afronomics Law*, Oct. 24, 2020
- "Developing an Archetypal ISDS Arbitrator: Unicorn or Rhinoceros", *Luwer Arbitration Blog*, July 24, 2020
- "Ensuring No Safe Haven for Government Contractors Committing Human Rights Violations Overseas", *The Public Contract Law Journal*, Spring 2018

Capabilities

Commercial Litigation & Disputes

International Arbitration

Litigation/Trials