

Caitlin Connolly

Partner



New York, NY



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Caitlin Connolly is a Partner in Pryor Cashman’s Family Law Group. Her unique blend of empathy and tenacity is equally suited to creative negotiation and strategic litigation, and supported by extensive courtroom experience that is rare among matrimonial law practitioners.

With a practice spanning all aspects of divorce, custody, and family law matters, Caitlin’s broad and deep skill set includes the negotiation, mediation and drafting of prenuptial, postnuptial, cohabitation, and modification agreements, as well as trials, post-judgment enforcement proceedings and appeals involving complex assets and high-conflict custody disputes. She also advises intended parents navigating assisted reproduction and gestational surrogacy arrangements.

Before entering private practice, Caitlin spent nearly seven years as an assistant district attorney in the Manhattan District Attorney’s Office, where she served in the Sex Crimes and Human Trafficking units and first-chaired more than two dozen cases to verdict. Caitlin specialized in the investigation and trial of domestic violence-related crimes, including *People v. Jasson Melo*, a case closely followed by national and international media outlets. She later focused her practice exclusively on family law at two leading boutique firms in New York.

Caitlin remarks: “*Family law cases often present extremely delicate situations requiring finesse, patience, and the ability to think outside the box. For instance, I have had many clients who were experiencing abuse in the home or who needed support navigating separation from and co-parenting with a partner with an undiagnosed mental health condition, including severe personality disorders. These cases require the deft touch borne of deep familiarity with such dynamics, and the ability to balance short-term needs and wishes with long-term goals.*”

Originally from Seattle, Caitlin has been a New Yorker since 2004. She divides her time between Soho and Long Island with her husband and three children.

Services

- Family Law

Education

- Harvard Law School (J.D., 2012)
 - Editor-in-chief, Harvard Civil Rights-Civil Liberties Law Review
- Barnard College, Columbia University (B.A., *summa cum laude*, 2008)

Recognition

- Recognized by *Best Lawyers* for Family Law (2025-26)
- Recognized as a *New York Super Lawyers* Rising Star (2023-25)

Professional Affiliations

- New York City Bar Association, Matrimonial Law Committee, Treasurer
- American Bar Association, Family Law Section, Domestic Violence Committee, Vice Chair
- New York State Bar Association, Family Law Section, Domestic Violence Committee, Co-Chair