

Lisa K. Helton

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Lisa Helton's practice areas include estate and trust litigation, appellate practice, general and commercial litigation, environmental litigation, landlord/tenant law, representation of homeowners and homeowner associations (HOAs) in HOA disputes, and IRS tax litigation and controversy. Lisa has been ranked Band 2 by the Chambers USA High Net Worth Guide for her work in Private Wealth Law, by Best Lawyers® as a 2025 and 2027 "Lawyer of the Year" in Nashville for Trust and Estate Litigation, and as a 2023 "Lawyer of the Year" in Nashville for both Trust and Estate Litigation and Tax Litigation and Controversy. In addition to her law practice, Lisa serves as Professor of Rigorous Writing Exercise at Nashville School of Law. Lisa is also a Rule 31 listed mediator in Tennessee.

Lisa graduated *summa cum laude* with a 4.0 from The University of Tennessee, where she was admitted to the College Scholars program and deemed a top graduate in the College of Arts and Sciences: Social Sciences. In 2004, she received a J.D., *magna cum laude*, with a concentration in advocacy and dispute resolution, from the University of Tennessee College of Law. Lisa was a member of the *Order of the Coif*, Phi Beta Kappa, Phi Kappa Phi, president of UT Law Women and a member of the *Tennessee Law Review*. Prior to joining the firm, she served as judicial law clerk to the Honorable William C. Koch Jr., Tennessee Court of Appeals, Middle Section.







Education

- University of Tennessee College of Law, J.D., *magna cum laude*
  - Member, *Order of the Coif*
  - Member, *Tennessee Law Review*
  - Phi Beta Kappa
  - Phi Kappa Phi
  - President, UT Law Women
- University of Tennessee at Knoxville, B.A., *summa cum laude*

Admissions

- Tennessee
- U.S. District Court, Middle District of Tennessee
- U.S. District Court, Western District of Tennessee
- U.S. Court of Appeals, Sixth Circuit
- U.S. Court of Appeals, Ninth Circuit
- U.S. Tax Court

Recognition

- *Chambers USA High Net Worth Guide*, Private Wealth Law (2026)
- *Best Lawyers in America*® "Lawyer of the Year," Nashville, Litigation – Trusts and Estates (2025, 2027)
- *Mid-South Super Lawyers*, Estate & Trust Litigation, Environmental Litigation, General Litigation, Appellate (2020 – 2026)
- *Best Lawyers in America*®, Appellate Practice (2027), Litigation – Environmental (2024 – 2027), Litigation and Controversy – Tax (2019 – 2027), Litigation – Trusts and Estates (2022 – 2027)
- *Best Lawyers in America*® "Lawyer of the Year," Nashville, Litigation and Controversy – Tax and Litigation – Trusts and Estates (2023)
- *Legal 500*, US City Elite – Nashville, Commercial Disputes (2026)
- *Nashville Business Journal* "Best of the Bar" (2023)
- *Mid-South Super Lawyers* "Rising Star," Estate and Trust Litigation (2012 – 2018)
- Tennessee Supreme Court Attorneys for Justice Pro Bono Honor Roll (2021 – 2022)
- Young Leaders Council Spring Class (2017)
- American Society of Legal Advocates "Top 40 Litigation Lawyers Under 40 in the State of Tennessee" (2013 – 2016)

- International Women's Leadership Association "Woman of Outstanding Leadership" (2015)
- Tennessee Bar Association Young Lawyers Division "Star of the Quarter" (2015)
- *Nashville Post* "Law Leaders Rising" (2012)

"It's not surprising Lisa Helton graduated *summa cum laude* from the University of Tennessee. And, it's equally expected she would graduate *magna cum laude* from UT's law school. All because sources familiar with Helton's work repeatedly used words like 'extremely intelligent,' 'smart,' 'very thorough' and 'good lawyer' to describe her legal acumen and work." – ***Nashville Post***

Publications

- Lisa Helton, **Fiduciary Duties and Standards for Individual Trustees in Tennessee**, Sherrard Roe Blog (September 3, 2024)
- **Unearthing the Dead: Protocol, Process, and Reverence**, *Nashville Bar Journal*, 2021
- Lisa Helton, **You Can't Stay If You Don't Pay!**, Sherrard Roe Blog (January 20, 2015)

Speaking Engagements

- "Hot Topics in Probate Court Litigation," Tennessee Bar Association, Estate Planning & Probate Forum (2026)
- "Steering the Ship: Strategies for Navigating Conflict with Beneficiaries," Tennessee Bankers Association Trust & Wealth Management Conference (2025)
- "Court of Appeals Boot Camp," Tennessee Bar Association (2025)
- "Estates and Trusts in Tennessee: A Primer on Probate Proceedings and Practices," Tennessee Judicial Conference (2025)
- "Choppy Waters: Strategies for Navigating Conflict Between Fiduciaries and Beneficiaries," American College of Trust and Estate Counsel (ACTEC) Southern Regional Meeting (2025)
- "Landfill Legal Updates: Expansion, Regional Plans, and Impact," Tennessee County Attorneys' Association (TCAA) Annual Conference (2025)
- "Landfill Legal Update: Expansion and Impact," Tennessee Municipal Attorneys Association Winter Seminar (2024)
- "Shifting Landscapes: 21st Century Property Law," panelist, Belmont Law Review Symposium on "Developing Tennessee: Balancing Modern Property Interests" (2022)
- "Tennessee Cemetery Law," Bellevue Harpeth Historic Association (2017)
- "Discussion of Historic Cemeteries and Grave Removal Actions in Tennessee," speaker and panelist, Tennessee Preservation Trust, Tennessee Historic Preservation Conference (2017)
- "Making the Most of Discovery: What You Don't Know Can Come Back to Haunt You," speaker and producer, Tennessee Bar Association (2015)
- "The Business of Lawyers: Professional Development for Today's Attorneys," producer, Tennessee Bar Association (2015)
- "Tennessee Real Estate Law Conference: Ethical Considerations in Real Estate Law," Tennessee Attorney's Memo (2015)
- "Tennessee Landlord and Tenant Law: Evictions, Court, and Litigation," Tennessee Attorney's Memo (2015)
- "Transactional Practice," producer, Tennessee Bar Association (2014)
- "Inside Chambers: Demystifying the Judicial Clerkship Experience," The Nashville Chapter and Vanderbilt University Law School Student Chapter of the American Constitution Society (2013)
- "Successfully Navigating the Appeals Process," National Business Institute (2009)
- "The Role of Law Clerks in Appellate Procedure," Nashville Bar Association, Appellate Practice Committee (2005)

Professional Activities

- Fellow, American Bar Foundation
- Fellow, Nashville Bar Foundation

- Harry Phillips Inn of Court, Executive Committee Member and Chair of the Membership Committee (present)
- Bencher, American Inns of Court, Harry Phillips Inn (present); Barrister (2010 – 2014); Associate Member (2005 – 2007)
- Professor of Rigorous Writing Exercise, Nashville School of Law (present)
- Secretary/Treasurer, Tennessee Bar Association Leadership Law Alumni Association (2020 – 2021)
- Member, Litigation, Real Property, Trust and Estate Law, and Tax Sections, American Bar Association
- Member, Appellate Practice and Litigation Sections, Tennessee Bar Association
- Member, Lawyers' Association for Women, Marion Griffin Chapter
- Member, Nashville Bar Association
- Chair, CLE Committee of the Tennessee Bar Association (2019 – 2020)
- Chair and Co-chair, Nashville Bar Association's Alternative Dispute Resolution Committee (2018 – 2019)
- Member, Tennessee Bar Association Leadership Law (Class of 2016)
- Member, Board of Directors, CLE Committee Vice Chair, and Middle Division CLE Captain, Tennessee Bar Association Young Lawyers Division (2014 – 2015)
- Co-chair, Nashville Bar Association's Appellate Practice Committee (2008 – 2009)
- Vice Chair, Nashville Bar Association's Appellate Practice Committee (2008)
- Participant, Tennessee Supreme Court SCALES Project

Civic Activities

- Member, Executive Committee, Cheekwood Estate & Gardens
- Chair, Outreach and Engagement Committee, Cheekwood Estate & Gardens
- Member, Board of Trustees, Cheekwood Estate & Gardens
- Member, Board of Trustees, Adventure Science Center
- Young Leaders Council Board Intern, Adventure Science Center (2017 – 2018)
- Vice-Chair (2011 – 2012), Secretary (2010 – 2011), Member, Board of Directors (2009 – 2012), Former Co-Chair of Volunteer and Educational Outreach Committee, Nashville Shakespeare Festival
- Member, Bellevue Harpeth Chamber of Commerce