



# Curriculum Vitae

J. Douglas Mestad

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## Education

- 1982 **Southwestern University School of Law** (California)  
*Juris Doctor*
- 1980 **California State University, Fresno**  
*Bachelor of Arts (Economics)*
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## Area of Practice

Workers' Compensation Insurance Defense

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## Workers' Compensation Background

- 2007–present **Bradford & Barthel, LLP** (Tarzana)  
*Associate Attorney*
- 1985–2007 **Law Office of Rifenkark & MacNeil**  
*House Counsel for Liberty Mutual Insurance Co.*
- 1984–1985 **Law Office of William H. Abronson**  
*Associate Attorney*

## Other Legal Background

- 1980–1983 **Law Office of Mestad and Sandborn**  
*Law Clerk*
- Spring 1982, **Los Angeles District Attorney's Office**  
Fall 1981 *Internship*
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## Memberships

- 1983 State Bar of California