



Education

- Yale Law School, J.D.
- University College London, M.A. (First Class Honors with Distinction)
- Cambridge University, M.Phil. (First Class Honors with Distinction)
- Queens College, City University of New York, B.A. (Valedictorian)

Bar Admissions

- New York
- District of Columbia

Tara Helfman

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Tara Helfman is a Partner at Torridon Law PLLC. Her practice includes internal investigations, general advising, litigation, and crisis management. She has represented clients in matters involving constitutional law, public and private international law, employment discrimination, commercial litigation, and federal agency litigation.

Helfman served as Associate Counsel and Special Assistant to the President during the administration of President Donald J. Trump. In that capacity, she managed the background investigation process for all nominees to Senate-confirmed positions, advised on judicial selection, and liaised with the USDA on policy initiatives, rulemaking, and litigation. She has also held leadership positions in the Department of Justice Civil Rights Division and at the Equal Employment Opportunity Commission.

A British Marshall Scholar, Helfman was a tenured Associate Professor at Syracuse University College of Law and a Visiting Scholar at the Georgetown University Law Center. She has published a two-volume constitutional history of the United States and numerous scholarly articles.

Clerkships

- The Honorable Neil M. Gorsuch, Supreme Court of the United States