



Lara Albright Yost

Associate

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I both enjoy and excel at the technical aspects of construction law practice. I also appreciate the overlap of so many different areas of law that go into a construction dispute—including torts, contracts, insurance, real estate, and environmental law, to name just a few. It never gets boring, and I know I will never stop learning, for the benefit of our clients.

Lara focuses her practice on the litigation and arbitration of construction law disputes, primarily from the perspective of the owner/developer. Prior (pre-Carrington) experience representing general contractors and subcontractors in commercial and residential construction defect claims now lends valuable context to her litigation strategy and ability to counsel her clients. “I have definite insights into how a contractor might respond in a dispute. My prior experience also helps me prepare the client’s petition in a specific way to optimize insurance coverage or recovery of attorneys’ fees,” she explains.

Additionally, Lara has defended insurance agents and insurance carriers in professional liability claims.

Clients and colleagues alike count on Lara’s consistency and commitment, attention to detail, and her ability to shine both individually and as a contributing member of a team—all skills honed during her time as a member of the women’s gymnastics team at the University of Oklahoma, where she helped lead the team to its first ever NCAA team title.

Areas of Focus

Industries

- Professional Services

- Public Entities
- Real Estate and Construction
- Transportation and Infrastructure

Services

- Professional Liability
- Construction
- Litigation and Disputes
- Real Estate

Education

- Southern Methodist University, Dedman School of Law, J.D., 2017, cum laude
- University of Oklahoma, B.A., 2014

Admissions

- Texas, 2017
- U.S. District Court Northern District Texas
- U.S. District Court Southern District Texas
- U.S. District Court Eastern District Texas
- U.S. District Court Western District Texas

Leadership

- Attorneys Serving the Community
- Dallas Bar Association, Construction Law Section
- American Bar Association, Forum on Construction Law
 - Young Lawyers Division
 - i) Steering committee member
 - ii) Liaison to Division 7
- Division 7 (Surety, Insurance, & Liens)
 - i) Steering Committee member
- Membership Committee member

Recognition

- *Best Lawyers in America: Ones to Watch*, Commercial Litigation, Construction Law, Construction Litigation, 2024-2025
- Texas Rising Star, *Super Lawyers* by Thomson Reuters, 2024



Speeches/Publications

- Author, *Professional Liability Insurance Considerations when Design Professionals are Involved*, American Bar Association Forum on Construction Law's Division 1 - Litigation and Dispute Resolution Blog, February 2025
- Moderator, *Dare to Share Your Failures?*, American Bar Association Forum on Construction Law Midwinter Meeting, January 2025
- Speaker, *Causes of Action in Texas Construction Law*, 2024 Basic Course in Construction Law, November 2024
- Speaker, *Why Professional Liability Insurance for Designers is Unique*, American Bar Association Forum on Construction Law; Fall Meeting, October 2024
- Author, *Is Texas Now a Spearin State?*, Construction Law Journal, Vol. 19, Number 1, Summer 2023
- Speaker, *Texas Residential Construction Liability Act: RCLA*, September 2021
- Co-Presenter, *Condominium Construction Defect Litigation: Timeliness, Damages, Defenses, Causes of Action*, Strafford Webinars, May 2021
- Speaker, *Pay and Chase Allocation*, 16th Annual Construction Symposium, January 2021

Outside of Work

I enjoy working out, at least two or three times a week—and shades of that competitive spirit still occasionally do come through, as you might notice if you are ever on the treadmill or Stairmaster next to me at the gym. Socially, I also enjoy cooking, and trying out new recipes and restaurants. During COVID, my husband and I adopted a dog, a Great Pyrenees mix named Scout, which has been so fun and rewarding for us both. Our cat, Rusty, has even decided he's not too bad after all!