Emily Seymour Costin is a litigator in Alston & Bird’s Washington, D.C. office and leader of the firm’s ERISA Litigation practice team. Emily represents employers, plan sponsors, insurers, and fiduciaries in litigation over benefits and fiduciary matters under ERISA, including those involving investments, excessive fees, employer stock, actuarial factors, benefit termination, and health benefits. She has a track record of advising diverse groups of clients in other types of disputes involving employment, labor, securities, and health care, insurance, contracts, and professional malpractice. She’s experienced in managing administrative claims and appeals, and responding to government audits, investigations, and subpoenas. Emily also counsels clients on ERISA fiduciary best practices and other litigation avoidance strategies.

Emily is recognized by Chambers USA: America’s Leading Lawyers for Business (ERISA Litigation – Nationwide) and The Best Lawyers in America© in Litigation – ERISA. In 2018, she was one of five nationally recognized lawyers named a “Rising Star” by Law360 in the field of employee benefits.

Emily is a national co-chair of the firm’s Women’s Initiative and participates on the firm’s Diversity Steering Committee.