



CARA M. ARNOLD, Associate Attorney

Los Angeles Office

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Cara Arnold is an associate in the Century City office of Theodora Oringher PC.

Cara is a litigation attorney whose practice spans complex commercial litigation, healthcare litigation, white-collar defense, securities enforcement, and internal and government investigations. She represents hospitals, major health systems, corporate healthcare organizations, and other corporations and individuals. Her practice includes guiding clients through sensitive internal and government investigations, defending securities enforcement and False Claims Act matters, and litigating complex corporate and commercial disputes. She also advises companies and healthcare organizations on compliance issues to help anticipate risk, manage disputes, and navigate regulatory scrutiny to prevent future litigation.

Cara began her career in the Civil Division, Commercial Litigation Branch, Fraud Section of the U.S. Department of Justice, where she assisted attorneys on healthcare fraud, procurement fraud, and financial fraud matters involving the False Claims Act and the Financial Institutions Reform, Recovery, and Enforcement Act. In law school, she developed a focus on white-collar defense, internal investigations, and securities enforcement. She also completed an honors externship with the U.S. Securities and Exchange Commission, assisting Enforcement Division attorneys with a broad range of securities and financial fraud investigations.

Practice Areas

Business and Commercial Litigation

Healthcare

Securities

Admissions

Bar Admissions

California
District of Columbia

Court Admissions

United States District Court for the Central, Southern, and Northern Districts of California

Education

George Washington University Law School

J.D.

Pennsylvania State University

B.S.

Representative Matters

- Represented corporate and individual clients at national and global law firms in state and federal court litigation, internal investigations, arbitration, and mediation in various practice areas including healthcare, government and internal investigations, white-collar defense litigation, securities enforcement litigation, and complex commercial litigation.
- Represented major health insurers, providers, hospitals, and healthcare organizations in state and federal civil litigation and arbitration regarding False Claims Act violations, fraud and abuse claims, and contract breaches.
- Represented Fortune 500 corporations and individuals in internal investigations from inception to conclusion to include management of investigative plan, extensive document review and analysis, management and coordination of document productions, participation in witness preparation and interviews, and drafting reports in response to government inquiries from federal agencies including the Department of State, Department of Commerce, Department of Justice, and Securities and Enforcement Commission.

- Acted as lead counsel for individuals in 30+ related federal and state lawsuits involving violations of the Securities Act of 1933, Securities Exchange Act of 1944, and common law fraud.
- Managed team of associates in the representation of business clients in complex commercial litigation matters involving breach of contract violations and fraud.
- Managed large-scale document review encompassing numerous attorneys for a large government defense contractor in a multi-million-dollar internal government investigation involving allegations of the False Claims Act.
- Led team of junior associates and staff in discovery and motions practice for a complex, multi-million-dollar defamation matter.
- Participated in the representation of small business owners and homeless individuals in first- of-a kind civil rights action and secured billions of dollars in funding to solve homelessness in Los Angeles County.

Memberships and Associations

- American Bar Association
- Women's Lawyers Association of Los Angeles
- Women's White Collar Defense Association