



SpencerFane®

Julia G. Traina

Associate

Contact

Tampa

P 813.424.3511 | F 813.405.8904

jtraina@spencerfane.com



Overview

Julia G. Traina helps businesses, financial institutions, and individuals navigate complex disputes and insolvency matters, providing strategic representation at both the trial and appellate levels in state, federal, and bankruptcy courts throughout Florida. She works closely with clients to understand their objectives, evaluate potential risks, and develop litigation strategies tailored to their specific goals and circumstances.

In her commercial litigation practice, Julia represents clients in a broad range of matters, including contractual disputes, business torts, shareholder and derivative actions, and restrictive covenant and trade secret litigation. Her experience spans all phases of litigation, from pre-suit strategy through trial and post-judgment proceedings.

In her bankruptcy practice, Julia represents both creditors and debtors in complex Chapter 11 bankruptcy and insolvency proceedings, including contested reorganizations, preference and fraudulent transfer litigation, and adversary proceedings.

Julia also represents clients in appellate proceedings, drawing on thorough legal research and analysis to address complex procedural and substantive questions of law.

Education

- Florida State University College of Law, 2023 (J.D.), *magna cum laude*
- Florida State University, 2019 (B.A.), *magna cum laude*

Bar Admissions

- Florida, 2023

Court Admissions

- U.S. District Court for the Northern District of Florida, 2026
- U.S. District Court for the Middle District of Florida, 2023
- U.S. District Court for the Southern District of Florida, 2024

Distinctions

- *Florida Super Lawyers*, Rising Star, 2026
- *Tampa Magazine*, Top Lawyers List: Business Organizations Law (including LLCs and Partnerships), 2025, 2026
- Hillsborough Association for Women Lawyers (HAWL), Leadership Academy, Class of 2025
- Hillsborough County Bar Association (HCBA), Bar Leadership Institute, 2026–Present

Memberships

- Federal Bar Association
- The Florida Bar, Business Law Section
- Hillsborough County Bar Association
- Hillsborough Association for Women Lawyers
- Tampa Bay Bankruptcy Bar Association

Presentations and Publications

- ["Navigating Proceedings Supplementary While Saadi is Pending: Bear v. Underhill,"](#) *The Florida Bar Out-of-State Division Newsletter*, Winter 2026

Related Experience

- Served as lead counsel in a two-day evidentiary hearing, obtaining a preliminary injunction in an intellectual property and trade secret misappropriation dispute.
- Successfully tried a motion to dismiss of Chapter 11 bankruptcy case, securing dismissal after court agreed that the underlying domestic relations dispute was a two-party dispute that should be resolved in state court.
- Secured the affirmance of judgment in a premises liability action before Florida's Second District Court of Appeal.
- Successfully defended adversary proceedings seeking the recovery of alleged preferential and fraudulent transfers.