

New England Legal Awards 2025



MEET BJ TRACH, FINALIST FOR ATTORNEY OF THE YEAR Latham & Watkins



Courtesy photo

BJ Trach of Latham & Watkins.

Boston-based defense attorney BJ Trach, a partner at Latham & Watkins, was named a finalist for Attorney of the Year at the 2025 New England Legal Awards.

Trach grew up in a working-class family in central New York. His parents had four biological children and then adopted him and his sister.

"I didn't know any lawyers growing up," Trach said. "When you grow up in a big family with a lot of siblings, what typically happens is people find their identity, and I was a good student. I leaned into that, and then I was fortunate enough to go to Harvard College."

As an undergraduate, Trach studied economics. After he graduated, he worked for the Boston Red Sox in the marketing department.

"After a couple of years, I realized I needed to figure out what I was going to do as a grown-up," Trach said.

He started looking into going back to school, and he was undecided between law school and business school.

"What caught my attention most when I visited the law school was the incredible clarity of expression and thought," Trach said. "I didn't really know what I wanted to do, but I knew that was a skill that I wanted."

Over the years, Trach has built his practice to include

white-collar criminal litigation and "a wide variety of civil litigation geared toward trying cases."

"Trying cases is the thing I love most," Trach said.

In particular, Trach is passionate about not only the practice of law, but the "human experience."

"When clients call, it's because they have a really serious problem that they can't solve on their own, and they need our help," Trach said. "I love doing everything I can to try to help them. At trial is when that's most heightened. I just love the aspect of working really hard with a big group of people to try to help the client through what's a really serious issue for them."

Kenneth J. Parsigian, a retired partner at Latham & Watkins, said it's easy to find intelligent lawyers, but Trach goes above and beyond.

"You'll see a lot of lawyers are great at cross-examining," Parsigian said, "but can they also talk to juries? Can they also work with the team? Can they also talk to clients? He can make himself fit, whatever the venue."

This year, Trach has accomplished multiple wins for clients. Trach was on the team that represented Walbro, a private-equity-backed manufacturer of engine parts and



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fuel systems. Walbro sold a portion of its business to a competitor, but after the sale, Walbro claimed the competitor violated agreements regarding common customers.

Before the Delaware Court of Chancery, Trach said they secured an expedited hearing and a full trial three weeks after the hearing. Trach said the case ended up settling in a favorable manner for Walbro after discovery and a two-day trial.

"Within seven weeks, we were able to mobilize a team to get a full trial on the merits for them and, really, save the business," Trach said.

Trach was also one of the lead partners who represented Desktop Metal, a 3D printing technology company, in a securities class action that claimed the company violated Food & Drug Administration regulations. The firm achieved a victory in the U.S. Court of Appeals for the First Circuit for Desktop, which established precedent that compliance issues with regulations do not always mean securities fraud has taken place.

The First Circuit also granted another client, Frequency Therapeutics, a favorable ruling in a different securities fraud action after Trach and other partners on the Latham & Watkins legal team successfully argued that the plaintiffs had not shown the company knew their statements were false or misleading.

"BJ [Trach] is as good as they come," Parsigian said. "BJ is a one-stop shop. He's a litigator through and through, but if he had wanted to be a corporate lawyer, he'd have been a great one. He is the guy you can hire to run the whole show."

Trach said he also likes to represent individuals and find solutions to their problems.

"What you need to do is put all of yourself into that and empathize with them and figure out a way to help them,"

Trach said. "Sometimes, that's doing everything you can to win the litigation, and sometimes it's just figuring out that they need a friend and they need trust. All of that goes into doing what we do as lawyers."

Sean Berkowitz, partner and member of the executive committee at Latham & Watkins, said Trach always tries to see issues from a different perspective.

"He is always trying to understand and break things down to component parts so that he can help formulate a strategy that is both consistent with the client's objectives, but will also work or resonate with a court or a jury," Berkowitz said. "He can unpack very complicated concepts and explain them in a very easy-to-understand way, which is extraordinarily rare in lawyers."

While Trach has found his niche in his practice, he said young lawyers should be open when they join the field to discover what area of the law fits them best.

"If you keep an open mind about what might interest you as a lawyer, you're capable of being surprised," Trach said. "You might build relationships with people who are doing something that's different than you thought you'd want to do, and through the building of those relationships, you can craft a path for yourself that is really rewarding."

Berkowitz said Trach has worked hard for every victory and success in his life.

"He is a leader of people within the law firm and outside the law firm," Berkowitz said. "He's someone who folks look to outside of the law for guidance, for mentorship. He gives that without asking for anything in return, because it makes things better. He is a champion of making sure that everybody has equal opportunities, which I think is super important in this day and age."