

Rae M. Kinkead

Member

Contact

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Location: Cedar Rapids, IA

Practice Areas

- Family Law
- Trial and Appellate Advocacy
- Agriculture Law

Biography

Rae Kinkead is a family law attorney and mediator. Having more than 10 years of experience, Rae recognizes that each case needs personalized legal strategies. She offers counseling and litigation services and is well-versed in mediation, limited representation, and collaborative law.

Rae continues to learn new and innovative ways to best help her clients and their families. She completed the American Academy of Matrimonial Lawyer's Institute for Family Law Associates Advanced Training in 2018 and the American Bar Association's Family Law Trial Advocacy Program held by the National Institute for Trial Advocacy in 2015, both of which are advanced training programs for attorneys specializing in the practice of family law. She also completed a 40-hour training in mediation in 2016 and collaborative practice training in 2023.

Rae's family law practice focuses on the following:

Family Law Litigation. Rae represents clients in all aspects of domestic relations, including adoption, divorce, separation, child custody, visitation and support, property division and domestic abuse. She also works with clients to create, and at times defend, prenuptial agreements.

Guardianships and Conservatorships. Rae regularly works with families to obtain and manage guardianships and conservatorships for individuals of all ages, children and adults.

Child Representation. Rae serves as a child and family reporter, guardian ad litem, or attorney for children in divorce and custody cases.

Limited Representation. Rae offers unbundled legal services, allowing clients to tailor representation to their specific needs.

Collaborative Law. When couples choose a collaborative divorce model, Rae helps find respectful and creative settlements that meet the needs of all parties through this non-adversarial process. She is a member of the Collaborative Lawyers of Eastern Iowa and the International Academy of Collaborative Professionals.

Appellate Advocacy. Rae handles family law appeals, both challenging and defending trial court decisions.

Bar Admission

- State of Iowa, 2013

Education

- Vermont Law School, JD, summa cum laude, 2013
    - General Practice Program Certificate
    - Student Bar Association, President, 2012-2013
    - Moot Court Advisory Board, Appellate Advocacy Chair, 2012-2013
    - Federalist Society, Vermont Law Chapter, Secretary, 2011-2013
    - South Royalton Legal Clinic, Student Clinician, Fall 2012
- Schreiner University, BA, summa cum laude, 2010
    - Political Science
    - Religion
    - Judicial Board, Chair, Fall 2009-Spring 2010
    - Moot Court, Spring 2007-Fall 2009

Professional & Community Affiliations

Professional Memberships

- Iowa State Bar Association
    - Family & Juvenile Law Section
- Linn County Bar Association
    - Family Law Committee
- The Federalist Society
- Judge David R. Hansen American Inn of Court
    - Past Membership Chair, Past President (Dean Mason Ladd Inn of Court)
- Iowa Association of Justice
- International Academy of Collaborative Professionals
- Collaborative Lawyers of Eastern Iowa

Community Involvement

- Alpha Sigma Alpha, Region Volunteer

Honors & Awards

- Included in the Best Lawyers in America® list, 2027 – Family Law
- Included in Great Plains Super Lawyers Rising Stars list, 2018–2023 – Family Law
- Selected as one of Alpha Sigma Alpha’s 30 Under 30, 2015

Presentations

- “Daycare Costs and Child Support Guidelines,” Iowa Paralegal Association 2026 Fall Seminar
- “Navigating Frazier Appeals: Insights and Comparative Legislative Approaches,” Iowa Association for Justice Family Law Seminar
- “Marriage and Family Therapy Ethics and Family Law,” Marriage and Family Therapy Class, Mount Mercy University, 2017–2023
- “Ethics: Client Communication Do’s & Don’ts,” Iowa Association for Justice Family Law Seminar
- “Marriage and Family Therapy Ethics and Family Law,” Marriage and Family Therapy Class, Mount Mercy University
- “Transitional Spousal Support,” Iowa State Bar Association Annual Meeting
- “Transitional Alimony,” Iowa Association for Justice Family Law Seminar
- “Ins and Outs of Alimony,” Iowa Association for Justice Family Law Seminar, panelist
- “Spousal Support and Use of Guidelines in Iowa,” Iowa Association for Justice Family Law Seminar
- “Ethics,” Iowa Association of Marriage & Family Therapy Conference
- “Ethical Considerations of Legal Services Agreements,” Iowa State Bar Association Family Law Seminar
- “Spousal Support in Iowa One Year Post-Gust,” Linn County Family Law Committee, with Judge Turner and Judge McPartland

News & Events

2026

- Rae Kinkead Included in Best Lawyers in America® 2027
- Rae Kinkead Included in Best Lawyers in America® 2026

Archive

- Rae Kinkead Included in Best Lawyers in America® 2025
- Rae Kinkead Listed in 2023 Great Plains Rising Stars
- Rae Kinkead Listed in 2022 Great Plains Rising Stars
- Rae Kinkead to Speak at IAJ Family Law Trial Lawyers Conference
- 2020 Great Plains Super Lawyers Announced