



Rae M. Kinhead

Member

Contact

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PRACTICE AREAS

Family Law

Appellate Advocacy

Agriculture Law

Rae Kinhead is a family law attorney and mediator. Having more than 10 years of experience, Rae recognizes each case needs personalized legal strategies. Rae 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. A negotiated resolution is usually the best result. However, when not possible, Rae is prepared to have a trial before a judge to receive a resolution for clients.

Guardianships and Conservatorships. Rae regularly works with families to obtain and manage guardianships and conservatorships for individuals of all ages, children and adults. She is well-versed in Iowa law to provide the best outcomes for her clients and loved ones.

Child Representation. In some divorce and custody cases, the couple's child or children need some form representation of their own. Ms. Kinkead regularly serves as a child and family reporter, guardian ad litem, or attorney for children.

Limited Representation. In some cases, clients prefer to customize what services an attorney provides in order to meet their specific needs, without hiring an attorney to provide services for all aspects of their case. This is referred to as limited representation or unbundled service. Rae is experienced in limited representation, working with clients to meet their current needs and those needs which arise as their case evolves.

Collaborative Law. When couples choose to work together using a collaborative divorce model, Rae helps find respectful and creative settlements which meet the needs of all parties through this non-adversarial process. Ms. Kinkead is also a member of the Collaborative Lawyers of Eastern Iowa and International Academy of Collaborative Professionals.

Appellate Advocacy. Rae works in appellate advocacy, challenging and defending trial court decisions. Ms. Kinkead has experience handling appeals, both in cases for which the firm was trial counsel and in cases brought to her which have been tried by lawyers outside of our firm.

Bar Admissions

- 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

Clerkship

- Law Clerk for the Third Judicial District of Iowa, Sioux City

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

Presentations

2025

- "Navigating Frazier Appeals: Insights and Comparative Legislative Approaches," Iowa Association for Justice Family Law Seminar

2023

- "Marriage and Family Therapy Ethics and Family Law," Marriage and Family Therapy Class, Mount Mercy University, 2017-2023

2020

- "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

2019

- "Transitional Spousal Support," Iowa State Bar Association Annual Meeting
- "Transitional Alimony," Iowa Association for Justice Family Law Seminar

2018

- "Ins and Outs of Alimony," Iowa Association for Justice Family Law Seminar, panelist

2017

- "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," State Bar Association Family Law Seminar

2016

- "Spousal Support in Iowa One Year Post-Gust," Linn County Family Law Committee, with Judge Turner and Judge McPartland

Honors & Awards

- Included in the Best Lawyers in America® list, 2026
 - 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

News & Events

2025

- Rae Kinkead Included in Best Lawyers in America® 2026, 9/3/2025

2024

- Rae Kinkead Included in Best Lawyers in America® 2025, 8/15/2024

2023

- Rae Kinkead Listed in 2023 Great Plains Rising Stars, 05/30/23

2022

- Rae Kinkead Listed in 2022 Great Plains Rising Stars, 07/28/22

2020

- Rae Kinkead to Speak to IAJ Family Law Trial Lawyers Conference, 09/03/2020
- 2020 Great Plains Super Lawyers Announced, 07/31/2020