

Jill Spielberg

EXECUTIVE PARTNER



White Plains

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This biography is provided for informational purposes only and does not constitute legal advice.

PRACTICE AREAS

- Divorce, Matrimonial, and Family Law
- Child Custody Attorneys
- Child Custody Modifications
- Divorce in New York: Process, Grounds, Timeline, and Legal Guidance
- New York Prenuptial & Postnuptial Attorneys
- Surrogacy Agency Attorneys
- New York Surrogacy Law & CPSA Requirements
- Surrogacy & Assisted Reproductive Technology
- Artificial Intelligence (AI)

Jill F. Spielberg is an Executive Partner at Abrams Fensterman, LLP and the Director and Partner-in-Charge of the [Matrimonial and Family Law](#) practice at the firm's White Plains office.

Ms. Spielberg has decades of experience in high-net-worth matrimonial cases and high-conflict custody litigation. Widely regarded as the go-to divorce and family law attorney for high-net-worth individuals in Westchester County and beyond, she is known for her powerful courtroom presence and her uniquely compassionate, strategic approach to guiding clients through some of the most emotionally charged and high-stakes moments of their lives.

Ms. Spielberg has a particular focus on custody matters involving neurodivergent children, leveraging her deep knowledge and extensive network of professionals in mental health and education to create long-term parenting solutions that prioritize the child's well-being and development. As a result, Ms. Spielberg

can anticipate potential future issues that will need to be navigated by co-parents, as well as connect her clients with mental health and educational professionals for additional support.

Ms. Spielberg's practice focuses on complex matrimonial matters, including contested divorces, high-conflict custody disputes, and prenuptial and postnuptial agreements. She is a seasoned trial attorney with a proven track record of favorable outcomes in high-asset and high-conflict litigation. At the same time, she is deeply attuned to the human side of family law, bringing empathy, discretion, and clarity to clients navigating trauma, betrayal, and uncertainty. Her ability to balance litigation prowess with emotional intelligence is a key reason that clients — including executives, entrepreneurs, and public figures — seek her out when everything is on the line.

Ms. Spielberg is frequently sought out by media outlets and legal publications for her insights on cutting-edge family law issues. She has been interviewed for podcasts, industry articles, and mainstream outlets such as the *New York Post*, and is a frequent speaker at CLEs, including “Best Practices of Drafting Settlement Agreements in Matrimonial Actions” hosted by the New Rochelle Bar Association and Westchester Black Bar Association.

Ms. Spielberg is an active member of the Westchester County community, serving as a Board Member and President of the Scarsdale Forum, was a member of, and then the Chair of, the Scarsdale Citizens' Nominating Committee, and was the out-of-district placement representative for Scarsdale C.H.I.L.D.

Ms. Spielberg has been recognized as a Super Lawyer since 2016, and she was named as one of 40 Under 40 Rising Stars by the Business Council of Westchester in 2019. She was also selected as one of the top 10 Family Law Attorneys under 40 by the National Academy of Family Law Attorneys and the American Institute of Family Law Attorneys.

Prior to joining Abrams Fensterman, she was a partner at a boutique family law firm in White Plains, where she focused exclusively on divorces, post and prenuptial agreements, child support, and custody cases. Earlier in her career, she practiced at a prominent international litigation law firm.

Ms. Spielberg earned her Juris Doctor from Brooklyn Law School, where she was a Carswell Scholar and a member and coach of the Moot Court Honor Society competition team. She graduated with a Bachelor of Arts from Colgate University.

Ms. Spielberg is admitted to practice in the State of New York and is a member of the New York State Bar Association's Family Law Section and the Westchester County Bar Association.

BAR ADMISSIONS

- New York

EDUCATION

- Brooklyn Law School, J.D.
- Carswell Scholar
- Coach and Member, Moot Court Society competition team
- Colgate University, B.A., *cum laude*

PROFESSIONAL ASSOCIATIONS AND MEMBERSHIPS

- New York State Bar Association, Member – Family Law Section
- Westchester County Bar Association, Member
- Scarsdale Business Alliance
- Scarsdale Forum, Board Member & President Elect
- Scarsdale Citizen's Nominating Committee, Former Chair
- Scarsdale C.H.I.L.D. , Former District Placement Representative

HONORS AND AWARDS

- The Best Lawyers® in America, 2026
- Attorney of the Year 2023, Top 100 Lawyers Magazine
- New York Metro Super Lawyers®, Family Law – 2016 – Present
- Business Council of Westchester 40 Under 40 Rising Stars – 2019
- National Academy of Family Law Attorneys Top 10 Under 40

LECTURES AND PRESENTATIONS

- New Rochelle Bar Association, Black Bar Association – Best Practices for Drafting Settlement Agreements in Matrimonial Actions CLE, Presenter (May 2024)
- SideBar Advisors – Financial Empowerment for Women CLE, Presenter (January 2024)
- SideBar Advisors – Financial Planning for Aspiring Attorneys CLE, Presenter (December 2023)
- SideBar Advisors – Financial Planning for Women in Law CLE, Presenter (June 2023)
- Westchester County Bar Association CLE – Matrimonial Practice: The ABC's Of Tax Returns And Financial Statements PLUS Preparing For Expert Testimony At Trial, Presenter (April 2023)

PUBLICATIONS AND MEDIA

- [Beyond the Bar Podcast: Tears, Trials, and Triumph: A Lawyer's Raw Journey Through Family Battles](#), Interviewed, March 2025
- [Jill Spielberg Joins The Debbie Nigro Podcast to Discuss Divorce, Social Media, and Relationship Advice](#), Interviewed, February 2025
- [Meet the Real Working Moms of Westchester County](#), Westchester Magazine, Interviewed, November 2024
- [Jill F. Spielberg Featured on Judy Heft's podcast, Mastering Your Financial Life](#), Interviewed, October 2023

- [Navigating Life, Loss, and Legal Success with Jill Spielberg](#), Interviewed, July 2023
- [Divorce, Family Law, Pre-nuptials and more with Jill Spielberg](#), New York Business Leaders Podcast with Gordon Coyle, Interviewed, August 2022
- [Depp Wins Defamation Case Against Heard](#), PIX11 News, Interviewed, June 2022
- [How to prepare for divorce: 12 steps you need to take](#), WealthySingleMommy.com, Quoted, March 2022

FEATURED PUBLICATIONS

- **Abrams Fensterman Promotes Three Partners to Executive Partner**
<https://www.abramslaw.com/media/announcements/abrams-fensterman-promotes-three-partners-to-executive-partner>
- **10 Abrams Fensterman Attorneys Recognized in Best Lawyers® 2026**
<https://www.abramslaw.com/media/awards/10-abrams-fensterman-attorneys-recognized-in-best-lawyers-2026>
- **Jill F. Spielberg Named ‘Attorney of the Year’ 2023 by Top 100 Lawyers Magazine**
<https://www.abramslaw.com/media/awards/jill-f-spielberg-named-attorney-of-the-year>
- **Jill Spielberg Shares Her Story on the Podcast Mic’d and Medicated: A Conversation on Divorce, Loss, and Rediscovering Love** — 11/06/2025
<https://www.abramslaw.com/media/audio/jill-spielberg-shares-her-story-on-the-podcast-micd-and-medicated-a-conversation-on-divorce-loss-and-rediscovering-love>
- **40 Abrams Fensterman Attorneys Named in 2025 New York Super Lawyers** — 10/29/2025
<https://www.abramslaw.com/media/awards/40-abrams-fensterman-attorneys-named-in-2025-new-york-super-lawyers>
- **New York’s Matrimonial Law Dream Team** — 09/04/2025
<https://www.abramslaw.com/wp-content/uploads/2025/09/AF-Family-Law-Roslyn-Living-Sep-2025.pdf>
- **Matrimonial Team Secures Appellate Victory in High Profile Divorce Case** — 03/27/2025
<https://www.abramslaw.com/media/notable-cases/matrimonial-team-secures-appellate-victory-in-high-profile-divorce-case>
- **Jill Spielberg Joins The Debbie Nigro Podcast to Discuss Divorce, Social Media, and Relationship Advice** — 02/18/2025
<https://www.abramslaw.com/media/audio/jill-spielberg-joins-the-debbie-nigro-podcast-to-discuss-divorce-social-media-and-relationship-advice>
- **Skip Resolutions—Start with Appreciation for a Healthier Relationship** — 01/27/2025
<https://www.abramslaw.com/media/publications/skip-resolutions-start-with-appreciation-for-a-healthier-relationship>
- **Jill Spielberg Featured in Westchester Magazine, “Meet The Real Working Moms of Westchester County”** — 11/23/2024
<https://www.abramslaw.com/media/awards/jill-spielberg-featured-in-westchester-magazine-meet-the-real-working-moms-of-westchester-county>
- **33 Abrams Fensterman Attorneys Recognized on 2024 New York Metro Super Lawyers® and Rising Stars Lists** — 10/23/2024
<https://www.abramslaw.com/media/awards/33-abrams-fensterman-attorneys-recognized-on-2024-new-york-metro-super-lawyers-and-rising-stars-lists>
- **Jill F. Spielberg Featured on Judy Heft’s podcast, Mastering Your Financial Life** — 10/18/2023
<https://www.abramslaw.com/media/audio/jill-f-spielberg-featured-on-mastering-your-financial-life>
- **Jill F. Spielberg – Ask the Experts: Divorce & Business Ownership** — 10/06/2023
<https://westchestermagazine.com/partner-content/abrams-fensterman-september-2023/>
- **Navigating Life, Loss, and Legal Success with Jill Spielberg** — 07/05/2023
<https://familyhustlepodcast.com/navigating-life-loss-and-legal-success-with-jill-spielberg/>
- **Abrams Fensterman, LLP Welcomes Partner Jill F. Spielberg** — 05/29/2021
<https://www.abramslaw.com/media/announcements/abrams-fensterman-welcomes-partner-jill-f-spielberg>