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Deena is a graduate of the University of Pittsburgh and the Georgetown University Law Center. After matriculating from law school with honors in 1998, she moved to New Mexico, working for a large law practice in Albuquerque. She subsequently worked for a Fortune 500 company in Philadelphia and for other large law firms in Pennsylvania, where she worked on a number of cases that garnered national coverage. These cases included serving as counsel for the Fen-Phen Diet Drug Litigation Settlement Trust and defending several nationwide consumer and employment law class actions.

Deena returned to New Mexico in 2008, mostly working as an insurance defense attorney. In her last five years as a defense lawyer, Deena primarily worked for excess carriers and specialized in receiving trucking, oilfield, and other catastrophic injury cases close to trial, triaging them, engaging in pretrial motion practice, mocktrying and focusing them, so her team was ready to try them. This gave her valuable trial experience and exposure to high level insurer deliberations regarding settlement demands of eight figures and more. In 2019, Deena left the defense side because her biggest wins often felt hollow, and frankly, unjust. She could no longer be a part of the process of denying justice to grieving families. She opened her firm in 2019 and now represents plaintiffs in personal injury and employment law cases.

Because she has worked on both sides, she can often anticipate the strategies of her opponents. She also uses her deep knowledge of employment law and HR procedures to focus on discovery that can often make the difference in hiring and training claims. She serves as local counsel and co-counsel to several firms and is available to consult with anyone who needs fresh eyes on a case with complex discovery, expert issues, or an upcoming trial.

Deena has received an "AV-Preeminent" rating by her colleagues in the legal profession under Martindale-Hubbell's Peer Review Rating System. She's an active member of the New Mexico Association of Trial Lawyers, the Academy of Truck Accident Attorneys, National Employment Lawyer's Association, and the American Association for Justice. She also gets great satisfaction from coaching and mentoring other attorneys on office systems, automations and use of law practice technology.