John J. McAvoy graduated from the University of Idaho Law School, and then obtained an LL.M from Yale, majoring in legal philosophy and civil procedure. He thereafter taught at the George Washington University Law School, before entering the private practice of law with White & Case, first in New York and then in the District of Columbia. On retiring from White & Case until 2021 he was Of Counsel to the firm of Lukas, LaFuria, Gutierrez & Sachs. His legal career has been centered on litigation, principally involving large commercial disputes, legal ethics and dispute resolution.

As a volunteer mediator for the Superior and federal District Courts, Mr. McAvoy has mediated hundreds of cases in those courts, and also mentors younger mediators. He also has participated in training mediators for the Superior Court Multidoor Program. His mediation experience has involved torts, contracts, termination of business relationships, and a broad range of other areas, including claims based on District or Federal statutes.

Since 2001 he has been a Commissioner for the District on the Uniform Law Commission, an important drafting source of state and D.C. law, and from 2016 to 2021 was a member of the D.C. Judicial Nominations Commission. He served two three-year terms on the Bar's DC Ethics Committee, including two years as its chairman. He served as a member of the Committee on Grievances for the federal District Court. He has lectured on professional ethics to lawyers recently admitted to the Bar. He has also taught legal ethics at the Washington College of Law at American University; and served on the faculty of Harvard Law School's Trial Advocacy Clinics.

His pro bono litigation has included cases at the appellate level in the constitutional areas of the First, Fourth and Fifth Amendments, effectiveness of counsel, speedy trial and death penalty. He is admitted to the bars of the U. S. Supreme Court, five U.S. Circuit Courts of Appeal, and several trial courts.