

# Jay Busemeyer, BEE, BA

## Accomplishments Overview

### Trainer

- certified OCWTP stress management trainer 2001 Institute for Human Services, Columbus, Oh
- Wrote 14 page document used for numerous HCJFS workshops and also added to the Intranet, viewed by over 1400 Hamilton County Job & Family Services (or HCJFS) employees
- Presented 12 workshops and talks since 2000 at HCJFS on stress management or mindfulness meditation
- Facilitated weekly meditation classes since 2001 at A&D Bldg, since 2004 at Taft HCJFS employees
- Taught Tai Chi classes at both A&d and Taft Bldgs
- Mt. Airy Shelter for Homeless men workshops and weekly meditation classes summer of 2001.
- NKU-Covington Tai Chi classes meditation and stress relief workshop 2002
- Kenton county community education N Ky Tai Chi and Meditation classes at Park Hills location 2003, 2004, 2005

## Education

B.E.E., Computer Engineering  
Cleveland State University  
1992

B.A. Psychology  
University of Cincinnati  
1976

## Career Chronology

Computer Programmer,  
HCJFS 1998 to present

Stress Management trainer,  
Meditation classes  
HCJFS 2001 to present

Tai Chi & Meditation classes  
NKU-Covington  
and Kenton County  
Community Education  
2002 to present

A+ Certified PC technician  
Aerotek Inc.  
1997

Multimedia CD consultant  
and Programmer  
1994 – 1996

Research and Development  
Computer Engineer  
AcroMed Inc.  
1992 – 1993

References available  
upon request

## Media Highlights

- Feeling Better Cable TV Holistic Stress Relief short series on Tai Chi, Meditation, Holistic treatment for Bipolar Disorder N Ky Mental Health Assoc 2005
- Healing Works radio show WAIF 88.3 fm Meditation and Spiritual Healing for Bipolar Disorder 2004

## Technology and Accomplishments

- Designed and developed a multimedia CD for Medical Executive Recruitment with full screen video interviews with Nutter Consulting Services Inc. 1995
- Designed and developed electronic measurement system prototype for pre & post operative spinal surgery range of motion and force required with AcroMed Inc. 1993