Jay Balter is a former member of the US Army Medical Corps. Jay earned his BA in Psychology from Adelphi University in New York in 1975 and his MA in Spiritual Psychology from the University of Santa Monica in 2005. He has extensive experience in the insurance industry starting as a medical claim examiner and then becoming a Vocational Rehabilitation Counselor for persons with disabilities. Jay completed his 15 year career at Home Insurance Company as Vice President in charge of Medical Management and Vocational Rehabilitation. In 1978, Jay moved to California, as a Rehabilitation Counselor for Voc-Aid Inc., where he became President and CEO, responsible for the training and supervision of over 100 counselors. Since 2005, he has been an independent Career and Life Coach.

In 1972 Jay served on the Congressional Committee that developed OHSA laws and in 1982 he served on the Congressional Committee that developed the Americans for Disabilities Act. In 1994 at the request of President Clinton he helped develop Welfare Reform, testifying in congress on behalf of disabled and single parents to include child care and Vocational Training in the law. Jay was a frequent lecturer at CSU Los Angeles and he has served as a CASA (Court Appointed Special Advocate) for foster children. Jay has been a stellar Helpline volunteer for NAMI Ventura County for several years.