



PAN AFRICAN CONGRESS
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Judith Pentz, M.D.

Dr. Pentz is a board certified child, adolescent and adult psychiatrist and has been in practice for 20 years. She has an integrative/holistic private practice in Albuquerque, New Mexico. Dr. Pentz did a brief sabbatical in New Zealand about eight years ago. Upon her return, she has evolved her practice to include complementary/integrative focus. Her interests include individual therapy with a spiritual, in depth focus, the role of nutrition and nutraceuticals as option/additions to psychotropic medication. Assisting therapists, physicians and others in health care fields to explore finding their own heart-focused approach in their work is an important interest. Dr. Pentz returned to University of New Mexico in the past 2 years as assistant clinical professor. She had worked as adjunct faculty with the development of school based health clinics. Her current research interest is to focus on a mindfulness meditation based project with teens having metabolic syndrome. Her current work at UNM is assisting in the expansion of the Telehealth program with the Native Americans in the first ever agreement with Indian Health Service and a university. She has lectured to the public and to school based therapists, teachers, and primary care providers about integrative mental health. Dr. Pentz recently began the steps to become an Anusara yoga teacher. Ayurveda medicine is also a strong interest. Having completed 4 cleanses called Panchakarma with Dr Sunil Joshi, she is writing about her experience to share with others about its value in physical, emotional and spiritual balance and growth.