

Stephanie Lizotte

Yoga Therapist | MSW Student Intern | Trauma-Informed Practitioner

Collaborative Yoga Therapy Services

In Partnership with On-Site Academy & Montachusett Veterans Outreach Center, Inc.

Stephanie Lizotte provides collaborative, trauma-informed yoga therapy services in partnership with On-Site Academy and the Montachusett Veterans Outreach Center, Inc. (MVOC), both located in Massachusetts. This collaboration reflects a shared commitment to delivering body-based, evidence-informed healing support to individuals navigating complex trauma, chronic stress, and behavioral health challenges. By integrating yoga therapy into the service offerings of these established community organizations, Stephanie bridges the clinical and somatic dimensions of recovery by offering accessible, meaningful tools for nervous system regulation, emotional resilience, and grounded living.

On-Site Academy is a specialized mental health and stress management practice dedicated to supporting individuals in high-demand professions and those facing significant psychological stressors. In collaboration with On-Site Academy, Stephanie provides yoga therapy programming designed to complement existing clinical services, offering clients body-based practices including breathwork, mindful movement, and guided relaxation to support nervous system recovery, trauma resolution, and sustainable wellbeing. This partnership reflects a shared belief that healing is most effective when it addresses the whole person ~ mind, body, and spirit.

The Montachusett Veterans Outreach Center, Inc. is a nonprofit organization dedicated to empowering veterans and their families through compassionate, comprehensive support services including housing,

financial assistance, mental health and wellness programs, benefits counseling, and community connection. In collaboration with MVOC, Stephanie provides trauma-informed yoga therapy programming specifically tailored to the unique experiences of veterans and their families. Recognizing that military service often results in physiological and psychological wounds that extend well beyond traditional talk therapy, Stephanie's somatic approach offers veterans accessible tools for managing hyperarousal, restoring nervous system balance, and rebuilding a sense of safety within the body, complementing the robust suite of services MVOC already provides.

On-Site Academy 216 Mill Street
Westminster, MA 01440 Phone:
(978) 632-3518

**Montachusett Veterans Outreach
Center, Inc.** 268 Central Street, Suite
A Gardner, MA 01440 Phone: (978)
632-9601 Fax: (978) 632-9476 Email:
info@veterans-outreach.org
Website: www.veterans-outreach.org
Hours: Monday – Friday, 9:00 AM –
5:00 PM

Full-Time Yoga Therapist & MSW Student Intern

Recovery Centers of America at Westminster | Westminster, Massachusetts

Stephanie Lizotte serves as a full-time Yoga Therapist and Master of Social Work (MSW) Student Intern at Recovery Centers of America (RCA) at Westminster, located in Westminster, Massachusetts. RCA at Westminster is a nationally recognized, Joint Commission-accredited addiction treatment facility providing a comprehensive continuum of care, including medical detox, residential treatment, intensive outpatient programming, partial hospitalization, medication-assisted treatment, and trauma-focused services, to individuals and families across the New England region. In this dual role, Stephanie integrates the evidence-based practices of yoga therapy with the clinical frameworks of social work to provide holistic, trauma-informed support to individuals in active recovery.

In her capacity as Yoga Therapist, Stephanie delivers individualized, family and group-based yoga therapy sessions designed to address the neurobiological and somatic dimensions of addiction and trauma. Her practice draws on pranayama (breathwork), asana (therapeutic movement), yoga nidra (guided deep rest), somatic awareness techniques, and mindfulness-based practices to support clients in regulating their autonomic nervous systems, reducing cravings, processing traumatic stress held in the body, and developing embodied coping strategies for sustainable recovery. Stephanie's yoga therapy work is fully integrated within RCA's multidisciplinary treatment team, ensuring that somatic interventions are coordinated with and complementary to each client's individualized treatment plan.

As an MSW Student Intern, Stephanie engages in the full scope of clinical social work practice under licensed supervision, including comprehensive biopsychosocial assessments, individual and group therapeutic interventions, crisis assessment and safety planning, case management, interdisciplinary collaboration, and advocacy on behalf of clients navigating complex systems of care. Her dual identity as both a yoga therapist and a social work intern positions her uniquely to bridge the somatic and clinical dimensions of recovery by offering clients an integrated experience of healing that honors the whole person. This internship reflects Stephanie's commitment to developing as a trauma-informed, culturally responsive, and ethically grounded clinician prepared to serve vulnerable populations across a range of behavioral health settings.

Recovery Centers of America at Westminster 9 Village Inn Road | Westminster, MA 01473 Phone: (978) 571-1700 Website: recoverycentersofamerica.com/locations/westminster Available: 24 Hours a Day, 7 Days a Week

"Healing is most powerful when it meets people in the body, in community, and in the fullness of who they are."

— Stephanie Lizotte, Yoga Therapist | MSW Candidate