

SEVIL H. MODESTE, LCSW,
LCADC

Rootsatcrossroadscounseling.com

ROOTS AT CROSSROADS COUNSELING LLC

Private Therapy Practice

TELEHEALTH SERVICES

Are you experiencing?
Anxiety, depression, trauma (PTSD),
substance use disorders, adjustment,
relationship, boundary, self-esteem
issues

Contact Us



Phone
(908) 798-4809



Email
RootsatCrossroads@Protonmail.com



Mailing address
2668 Morris Ave, Unit #112
Union, NJ 07083

Our Services



5+ years experience

PSYCHOTHERAPY

Treating adolescents, adults, couple and families via
HIPAA compliant form Telehealth platform. Services are
also available in Spanish.



THERAPEUTIC APPROACHES

Cognitive behavioral therapy, Mindfulness, Client-
centered therapy, Strength-based therapy, Relapse
Prevention, Motivational Interviewing



INSURANCE

Aetna, Cigna, Horizon Blue Cross and Blue
Shield, Oscar Health, Oxford, United
Healthcare