Brain Botanics Therapy Named Best Online Therapy Service 2026 Scotland

Brain Botanics Therapy, a Glasgow-based practice providing online anxiety and trauma counselling for women across Scotland, has been named Best Online Therapy Service 2026 Scotland at the Women's Health Awards 2026. The awards, organised by Global Health and Pharma, evaluate service quality, patient outcomes, innovation and contributions to women's health. The practice offers confidential one-to-one sessions for women in Glasgow, Edinburgh and the wider Scottish region, and is led by Rebecca Mackillop, who has 12 years of clinical experience and trained at the University of Strathclyde and the University of Edinburgh. The service supports women experiencing persistent worry, panic attacks, intrusive thoughts, physical anxiety symptoms and avoidance patterns, drawing on cognitive behavioural therapy (CBT), acceptance and commitment therapy (ACT), exposure methods and memory reconsolidation techniques. The announcement was made on November 11, 2026.

Online therapy services like this one operate entirely through digital channels, allowing clients to attend sessions from home or any private location with an internet connection. For many women in Scotland, particularly those in rural or remote areas, this removes the barrier of travelling to a physical clinic. Sessions are typically conducted via video call, telephone or secure messaging platforms, with the same confidentiality standards expected in traditional face-to-face therapy. The practice described by the announcement focuses exclusively on women, tailoring its approach to the specific anxiety and trauma-related challenges that women may face, such as those arising from life transitions, relationship difficulties or past abuse. abnewswire.com

How Online Counselling for Anxiety and Trauma Works

Anxiety and trauma counselling online follows similar principles to in-person therapy but adapts them for a remote setting. The therapist and client meet during scheduled sessions through a secure video platform, where the therapist can observe the client's facial expressions and tone of voice in real time. Many therapists use a combination of talk therapy and structured exercises, such as guided relaxation, cognitive reframing or journaling prompts, to help clients manage symptoms between sessions.

The approaches cited in this announcement have established evidence bases. CBT focuses on identifying and changing unhelpful thought patterns and behaviours that contribute to anxiety. ACT encourages clients to accept difficult emotions while committing to actions that align with their values. Exposure methods involve gradual, controlled confrontation with feared situations or memories to reduce their power over the individual. Memory reconsolidation techniques aim

to update the emotional charge stored with a traumatic memory, effectively reducing its intensity over time.

For women experiencing persistent worry or panic attacks, these therapies can provide practical tools to interrupt cycles of negative thinking. Intrusive thoughts, which can be distressing and difficult to control, are addressed through techniques that help the client observe the thought without engaging with it. Physical anxiety symptoms, such as rapid heartbeat or shallow breathing, are managed through grounding exercises and breathing retraining. Avoidance patterns, where the individual stops going to places or doing things that trigger anxiety, are tackled gradually with the therapist's support.

Why This Field Matters Now

Demand for mental health support has grown steadily in recent years, and women's mental health has gained particular attention. Research consistently shows that women are more likely than men to experience anxiety disorders and post-traumatic stress disorder (PTSD), yet they also face greater barriers to accessing care. These barriers include cost, lack of available appointments, stigma around seeking help, and the difficulty of fitting regular appointments into work and family schedules.

Online counselling addresses several of these barriers. It offers flexibility in timing, often including evening and weekend slots. It eliminates travel time and expense. And for some women, the perceived anonymity of speaking from home reduces the stigma of attending a therapy clinic. The rise of dedicated women-focused services, such as the one recognised by this award, reflects a broader movement in mental healthcare toward specialisation. Rather than offering a one-size-fits-all approach, these services tailor their methods to the specific life experiences and psychological profiles of their client group.

Trauma counselling, in particular, requires a sensitive and informed approach. Trauma can affect memory, emotional regulation and relationships, and its effects often surface in ways that surprise the individual. Therapists trained in trauma-informed care understand how to create a safe environment where the client can process difficult material without becoming overwhelmed. The use of memory reconsolidation techniques, as mentioned in the announcement, represents a relatively recent development in trauma therapy that holds promise for helping clients move past traumatic memories more effectively.

The Role of Awards in Mental Health Services

Industry awards such as the Women's Health Awards serve a dual purpose. They provide public recognition for practitioners who deliver high-quality care, and they help potential clients identify services that have been independently evaluated. The evaluation criteria for these

awards include service quality, patient outcomes, innovation and contributions to women's health. Being named Best Online Therapy Service 2026 Scotland indicates that Brain Botanics Therapy met these criteria to the satisfaction of the judging panel.

For women seeking therapy, awards can be one factor among many in choosing a provider. Other considerations typically include the therapist's qualifications and experience, the therapeutic approach used, the practical logistics of sessions, and the individual's own comfort with the therapist. Online therapy adds questions about technology requirements and privacy protections. The announcement did not detail specific patient outcomes or the exact number of clients served, so those factors remain outside the scope of this report.

The field of online therapy continues to evolve. Platforms are incorporating more interactive tools, such as mood tracking and skill-building exercises that clients can access between sessions. Some services are exploring group therapy options conducted online, though the practice recognised here focuses on one-to-one sessions. The recognition of a women-specific service suggests that the market is moving toward greater specialisation, with practitioners developing expertise in the particular mental health needs of demographic groups. abnewswire.com

Looking Ahead

As more women in Scotland seek help for anxiety and trauma, the availability of online, women-focused counselling is likely to expand. The award won by Brain Botanics Therapy may encourage other practitioners to develop similar specialisms. For now, the service continues to offer confidential sessions to women across the region, drawing on the clinical experience of its lead therapist and the evidence-based methods that form its foundation. The recognition from Global Health and Pharma adds an external endorsement that may help women feel confident in reaching out for support.