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. It 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 practice supports women experiencing persistent worry, panic attacks, intrusive thoughts, physical anxiety symptoms and avoidance patterns. Its approach draws on cognitive behavioural therapy (CBT), acceptance and commitment therapy (ACT), exposure methods and memory reconsolidation techniques. The announcement was made on November 11, 2026.

How therapy services for women are evolving

Online therapy services have grown rapidly in recent years, offering flexible access to mental health support for women who may face barriers to traditional in-person care. Many women juggle work, family responsibilities and other commitments that make it difficult to attend regular appointments at a fixed location. Online sessions remove the need for travel, allowing women to receive counselling from the privacy of their own homes. This is particularly relevant for those living in rural or remote areas, where specialist services may be scarce. The growth of secure video platforms has made it possible to deliver effective one-to-one therapy online, with outcomes that often match those of face-to-face sessions.

Women experience anxiety and trauma at notable rates, and research indicates that gender-specific approaches can improve engagement and results. A woman's experience of anxiety may be shaped by hormonal changes, life transitions such as pregnancy or menopause, and societal pressures. Trauma, too, often has gendered dimensions, with women more likely to experience certain types of interpersonal violence. Services that are designed with these factors in mind can provide a more comfortable and relevant environment for healing. This has led to a rise in specialised practices that focus exclusively on women's mental health.

The importance of specialised support

General counselling services may not always address the particular ways that anxiety and trauma manifest in women. For example, persistent worry in women can be tied to perfectionism, caregiving roles or fears around safety. Panic attacks may be triggered by

reminders of past trauma that are specific to a woman's experiences. Intrusive thoughts, which can be deeply distressing, may centre on themes of harm to loved ones or social rejection. Physical symptoms such as tension, fatigue and digestive issues are common, and avoidance patterns can shrink a woman's world as she steers clear of situations that provoke anxiety. A counsellor trained in women's mental health is better equipped to explore these themes without the need for extensive background explanation from the client.

Specialised therapy also recognises that women often seek support for persistent anxiety differently than men do. Women may be more likely to discuss emotional experiences openly in a safe setting, and they may benefit from approaches that validate their feelings while building practical coping skills. The combination of CBT, ACT, exposure methods and memory reconsolidation techniques used by Brain Botanics Therapy is one example of a multimodal approach that can be tailored to individual needs. CBT helps identify and challenge unhelpful thought patterns, while ACT encourages acceptance of difficult emotions and commitment to value-driven action. Exposure methods gradually reduce the power of feared situations, and memory reconsolidation techniques work to update traumatic memories at a neural level.

Recognition through industry awards

Awards such as the Women's Health Awards play a role in highlighting services that meet high standards of care. The evaluation criteria include service quality, patient outcomes, innovation and contributions to women's health. For a practice to receive a regional award like Best Online Therapy Service 2026 Scotland, it must demonstrate consistent excellence across these areas. Such recognition can help women identify trusted providers in a crowded market, where the quality of online therapy varies widely. It also encourages healthy competition among practitioners, driving improvements in service delivery and client satisfaction.

The Women's Health Awards are organised by Global Health and Pharma, an organisation that also publishes industry news and resources for healthcare professionals. By spotlighting innovative practices, the awards aim to raise the profile of women's health issues and encourage investment in specialised services. Brain Botanics Therapy's win places it among a select group of practices that have been independently assessed for their impact on women's well-being.

How online therapy sessions typically work

Online therapy for women usually begins with an initial assessment, during which the counsellor learns about the client's history, current concerns and goals. Sessions are conducted via a secure video platform that meets data protection standards. The therapist and client agree on a regular schedule, often weekly, with sessions lasting around 50 minutes. Between sessions, clients may be given exercises or reflection prompts to reinforce the work

done in therapy. The therapeutic relationship is built on trust and confidentiality, with both parties agreeing to a contract that outlines boundaries, cancellation policies and emergency procedures.

For women dealing with trauma, the online format can feel safer than attending a clinic. They can control their environment, choose a comfortable location and avoid the anxiety of a waiting room. The therapist can still observe body language and tone of voice through the camera, maintaining the non-verbal cues that are important for building rapport. Many women find that the convenience of online therapy helps them stay consistent, which is key to making progress. The practice's focus on confidential one-to-one sessions ensures that each woman receives undivided attention tailored to her unique situation.

Looking ahead at the field

The field of women's mental health continues to develop, with growing awareness of the need for accessible, trauma-informed care. The recognition of Brain Botanics Therapy reflects a broader trend toward specialisation and quality assurance in online therapy. As more women seek help for anxiety and trauma, services that offer evidence-based approaches and a dedicated focus on women's experiences are likely to become more common. The integration of techniques such as memory reconsolidation, which draws on neuroscience research, points to a future where therapy is increasingly informed by scientific understanding of how the brain processes and stores traumatic events. This can lead to more effective interventions that reduce symptoms more quickly and durably than older methods.

Women across Scotland now have access to a specialist online practice that has been independently recognised for its contributions to their well-being. The combination of experienced leadership, targeted therapeutic methods and the flexibility of online delivery makes such services a valuable resource for those navigating anxiety and trauma. The award is a reminder that quality care exists and that women do not have to settle for generic approaches that may not meet their needs.