Brain Botanics Therapy Wins Best Online Therapy Service 2026 Scotland at Women's Health Awards

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, led by Rebecca Mackillop, who has 12 years of clinical experience and trained at the University of Strathclyde and the University of Edinburgh, offers confidential one-to-one sessions for women in Glasgow, Edinburgh and the wider Scottish region. The practice supports women experiencing persistent worry, panic attacks, intrusive thoughts, physical anxiety symptoms and avoidance patterns, drawing on approaches including CBT, ACT, exposure methods and memory reconsolidation techniques.

How online therapy works for women dealing with anxiety and trauma

Online therapy sessions are typically conducted through secure video platforms, allowing clients to access support from their own homes. For women managing anxiety or trauma, this format removes barriers such as travel time, childcare needs and the discomfort of visiting a clinic in person. Sessions are generally structured around evidence-based psychological frameworks, with the therapist guiding the client through techniques designed to address specific symptoms and patterns.

Therapists often begin by helping clients understand the nature of their anxiety or trauma responses. This psychoeducation phase can demystify symptoms such as panic attacks, intrusive thoughts and avoidance behaviours, making them feel less overwhelming. From there, the work moves into practical strategies for managing these experiences in daily life.

The role of one-to-one therapy in trauma recovery

One-to-one therapy provides a private setting where a woman can speak openly about experiences she may never have shared before. In trauma recovery, this confidentiality is often essential because the material is deeply personal and may involve shame, fear or grief. The therapist can tailor each session to the client's pace, ensuring that exposure to difficult memories or feelings happens gradually and safely.

Approaches such as cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT) offer structured ways to address the thoughts and behaviours that keep anxiety cycles running. Exposure methods help clients gradually face feared situations in a controlled

way, reducing the power those situations hold. Memory reconsolidation techniques aim to update the emotional charge of traumatic memories so they no longer trigger intense distress.

In the context of online anxiety and trauma therapy, these methods are adapted for the virtual setting. The therapist may use screen sharing for worksheets, guided visualisations or breathing exercises. Clients can practise skills between sessions and report back on what worked or what felt difficult. This continuous feedback loop helps refine the approach over time.

Why this type of support matters now

Anxiety and trauma affect a significant proportion of women at some point in their lives. The symptoms can interfere with work, relationships and daily functioning. Persistent worry may keep a woman from sleeping or concentrating, while panic attacks can make leaving the house feel impossible. Intrusive thoughts can undermine a sense of safety in the world. Avoidance patterns, though protective in the short term, often shrink a person's life over time.

Access to specialist support has historically been limited by geography, cost and waiting lists. Online therapy addresses the geography barrier directly, since a woman living in a remote part of Scotland can connect with a therapist based in Glasgow or Edinburgh without a long drive. The confidential nature of one-to-one sessions also appeals to women who may be reluctant to seek help in a small community where everyone knows everyone.

The recognition at the Women's Health Awards signals that this model of care is being taken seriously by the broader healthcare community. Awards of this kind evaluate not just the quality of the service but also its outcomes and its contribution to women's health. For a practice focused on online anxiety and trauma therapy, such an award can increase awareness among women who might not have considered online counselling before.

What the award means for the field

The Women's Health Awards are organised by Global Health and Pharma, a platform that highlights innovation and excellence across women's health services. By recognising Brain Botanics Therapy, the awards draw attention to the value of specialised online counselling for women. This may encourage other practitioners to develop similar services or to adopt the evidence-based techniques that the practice uses.

For women seeking help, the award provides a marker of quality. When choosing a therapist, many women look for credentials, experience and a proven approach. Knowing that a service has been evaluated by an independent panel and found to excel in service quality and patient outcomes can make the decision easier. The award also normalises the idea of receiving therapy online, which may still feel unfamiliar to some.

Rebecca Mackillop's background, with training at two Scottish universities and over a decade of clinical experience, adds another layer of credibility. Her practice integrates multiple therapeutic models, which allows for flexibility in addressing each client's unique combination of symptoms. This integrative approach is increasingly recognised as effective for complex conditions like trauma, where a single method may not be enough.

Looking ahead

The field of online therapy continues to evolve. As more research emerges on the effectiveness of virtual sessions, and as technology improves, the range of conditions that can be treated online is likely to expand. For now, services like Brain Botanics Therapy fill an important gap by offering specialist support to women who might otherwise struggle to find help that fits their needs and circumstances.

The award from the Women's Health Awards 2026 is a milestone for the practice and for the broader recognition of online therapy as a legitimate and valuable form of care. It reflects a shift in how women's mental health services are delivered and evaluated, and it may inspire further innovation in the years to come.