Brain Botanics Therapy Named Best Online Therapy Service 2026 Scotland

Brain Botanics Therapy, a Glasgow-based practice providing specialist 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 are organised by Global Health and Pharma and 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.

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.

The recognition highlights a growing field of online mental health services tailored to specific populations. Many women face barriers to accessing traditional in-person therapy, including geographic distance, scheduling conflicts and the stigma attached to seeking help. Online counselling removes some of these obstacles by offering sessions from home through secure video platforms. For women in Scotland, where rural areas can be far from therapy centres, this model provides a practical alternative.

Anxiety and trauma affect women in distinct ways. Research in clinical psychology has long noted that women are more likely than men to experience certain anxiety disorders, such as panic disorder and generalised anxiety, and that trauma-related conditions like post-traumatic stress disorder can present differently across genders. Social and hormonal factors also play a role. Therapy designed specifically for women can address these nuances in a supportive environment. The focus on women-only spaces, even in online settings, allows for conversations about experiences like reproductive health, domestic violence and societal pressures that may be harder to raise in mixed-gender groups.

Online therapy itself has evolved rapidly in recent years. What began as simple text-based messaging has expanded into live video sessions, asynchronous messaging and app-based programmes. For anxiety and trauma, the effectiveness of online delivery depends on the therapeutic approach. Cognitive behavioural therapy translates well to digital formats because it is structured and goal-oriented. Patients learn to identify negative thought patterns and practice new responses. Acceptance and commitment therapy encourages mindfulness and value-driven action, which can be guided through worksheets and therapist check-ins.

Exposure therapy, often used for phobias and trauma, involves gradual confrontation with feared situations, something that can be simulated or planned through online homework assignments.

Memory reconsolidation techniques, which Brain Botanics Therapy also uses, represent a more recent development in trauma treatment. The idea is that memories are not fixed once formed. When a memory is retrieved, it becomes temporarily malleable and can be updated with new information before being stored again. Therapists guide clients through this process to reduce the emotional power of traumatic memories. Online sessions can support this work through careful pacing and the use of grounding exercises between sessions.

The Women's Health Awards evaluate services on several criteria, including patient outcomes and innovation. For an online therapy practice, innovation might mean integrating different therapeutic modalities into a coherent programme or using technology to track progress between sessions. Patient outcomes are measured through symptom reduction, improved functioning and client satisfaction. The fact that an online-only service won the category suggests that digital mental health care is being taken seriously by the mainstream health community.

Confidentiality is a key concern for anyone seeking therapy, and perhaps especially for women in smaller communities. Online platforms must comply with data protection regulations and use encrypted communication. Brain Botanics Therapy offers confidential one-to-one sessions, a standard that clients expect from any reputable service. The practice covers women across Scotland, including major cities like Glasgow and Edinburgh, as well as the wider Scottish region. This reach is only possible through online delivery.

The types of issues that bring women to therapy are varied. Persistent worry can dominate daily life, making it hard to concentrate at work or enjoy time with family. Panic attacks can strike without warning, leaving a person feeling out of control. Intrusive thoughts, often disturbing and repetitive, can be difficult to discuss even with a therapist. Physical anxiety symptoms, such as racing heart, muscle tension and digestive problems, are common but sometimes overlooked. Avoidance patterns develop when a person stays away from places or situations that trigger anxiety, which can shrink a person's world over time. Therapy that addresses all these dimensions offers what one might call structured support for meaningful change.

Online counselling is not a one-size-fits-all solution. Some people prefer the intimacy of in-person contact, and certain therapeutic techniques are harder to replicate online. Yet for many women, the convenience and privacy of online sessions outweigh the drawbacks. The field continues to grow, with more practitioners receiving training in digital delivery and more

platforms designed specifically for therapeutic work. Awards like the Women's Health Awards help raise the profile of services that are doing this work well.

Rebecca Mackillop's background includes training at two of Scotland's leading universities, the University of Strathclyde and the University of Edinburgh. Her 12 years of clinical experience span the period during which online therapy moved from a niche offering to a mainstream option. That experience likely informs the practice's integrated approach, which combines established methods with newer ones like memory reconsolidation.

For women in Scotland seeking help for anxiety or trauma, the recognition of Brain Botanics Therapy may serve as a signal that online counselling is a viable and respected option. The practice's approach is grounded in evidence-based methods, and its focus on women's specific needs addresses a gap in mental health care. As more awards programmes highlight online services, the field will likely attract further investment and research, leading to even better outcomes for clients. The combination of skilled therapists, a tailored approach and the flexibility of online sessions provides what many in the field call structured support for meaningful change.