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

Brain Botanics Therapy, a Glasgow-based practice offering 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 provides confidential one-to-one sessions for women in Glasgow, Edinburgh and the wider Scottish region.

The practice is led by Rebecca Mackillop, who has 12 years of clinical experience and trained at the University of Strathclyde and the University of Edinburgh. Brain Botanics Therapy 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 dated November 11, 2026.

According to the release published on abnewswire.com, the Women's Health Awards recognise excellence in services that address women's health needs. Brain Botanics Therapy's recognition highlights the growing importance of accessible, specialist support for women dealing with anxiety and trauma.

Anxiety counselling for women has become a significant area of focus in mental health services. Women experience anxiety at higher rates than men in many populations, and the condition often presents with distinct patterns. Persistent worry, panic attacks and intrusive thoughts are common symptoms. Physical symptoms such as rapid heartbeat, muscle tension and digestive discomfort can accompany the psychological distress. Avoidance patterns, where a person steers clear of situations that trigger anxiety, can further restrict daily life and lead to isolation.

## How Online Counselling Works

Online therapy has expanded access to mental health support, particularly for those who cannot attend in-person sessions due to location, mobility or schedule constraints. Sessions are conducted via secure video platforms, allowing clients to speak with a therapist from home. Confidentiality is maintained through encrypted connections and adherence to data protection regulations. Many online services offer the same therapeutic approaches as face-to-face counselling, including CBT and ACT.

CBT helps individuals identify and change negative thought patterns that contribute to anxiety. ACT encourages acceptance of difficult emotions while committing to actions aligned with personal values. Exposure methods involve gradually facing feared situations in a controlled way to reduce avoidance. Memory reconsolidation techniques aim to update the emotional impact of past distressing events by revisiting memories in a safe therapeutic context.

For women in particular, online counselling can remove barriers such as childcare responsibilities, work schedules or the stigma sometimes attached to visiting a therapist's office. The privacy of online sessions can make it easier to seek help for sensitive issues like trauma.

## Why Specialist Support Matters

Women's anxiety often intersects with life stages such as pregnancy, postpartum periods, perimenopause and menopause. Hormonal changes can influence mood and anxiety levels. Trauma, including childhood abuse, domestic violence or sexual assault, is more common among women and can have lasting effects on mental health. Specialist counselling that understands these factors can provide more effective support than generic therapy.

Practices like Brain Botanics Therapy tailor their approach to women's specific experiences. This includes recognising how societal pressures, caregiving roles and workplace stress contribute to anxiety. Trauma-informed care ensures that therapists are trained to avoid re-traumatisation and to create a safe environment for disclosure.

## Developments in the Field

The field of women's mental health is seeing increased attention from both clinicians and researchers. There is growing recognition that standard mental health treatments may need adaptation for women's unique biological and social contexts. Online delivery is one such adaptation, making specialist care available regardless of location.

Innovations in therapeutic techniques, such as memory reconsolidation, are being integrated into practice. Memory reconsolidation involves the brain's ability to update stored memories. By revisiting a traumatic memory in therapy, the emotional charge can be reduced, allowing the person to move forward without being overwhelmed by the past. This approach is still being studied, but early evidence suggests it can be effective for trauma and anxiety.

The Women's Health Awards themselves reflect a broader trend of recognising and celebrating services that advance women's health. Categories span physical and mental health, and winners are chosen based on criteria including service quality, patient outcomes and innovation.

## Access and Availability

For women in Scotland, access to specialist anxiety and trauma counselling has historically been uneven. Urban centres like Glasgow and Edinburgh have more providers, but rural and remote areas often have fewer options. Online services bridge this gap by connecting clients with therapists regardless of geography.

Confidential one-to-one sessions allow clients to work through their concerns at their own pace. The therapeutic relationship is central to success, and online platforms facilitate this through regular video calls. Many services offer flexible scheduling to accommodate work and family commitments.

Brain Botanics Therapy's recognition as Best Online Therapy Service 2026 Scotland underscores the value of these accessible, specialist services. The practice's approach, combining established therapies with newer techniques, aims to address the full spectrum of anxiety and trauma symptoms that women may face.

As reported on abnewswire.com, the award was announced in November 2026, marking a milestone for the practice and for online women's mental health services in Scotland. The recognition may encourage more women to seek help and more practitioners to develop specialist online offerings.

The field continues to evolve, with ongoing research into effective treatments for women's anxiety and trauma. Online delivery, specialist training and innovative therapeutic methods are all contributing to better outcomes for women across Scotland and beyond.