Brain Botanics Therapy Wins Women's Health Award for Online Counselling

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. 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.

Specialist Online Counselling for Women

The award recognises a growing field of online therapy services that cater specifically to women's mental health needs. Many women face unique stressors related to life transitions, relationships, work-life balance and societal expectations, which can contribute to anxiety and trauma responses. Online counselling offers flexibility and accessibility, removing barriers such as travel time, childcare concerns or the stigma some may feel about visiting a physical clinic. Services like those provided by Brain Botanics Therapy are designed to offer a private, supportive space where women can address these challenges.

Practices that focus on women's mental health often employ a range of evidence-based techniques to address common issues. Cognitive behavioural therapy helps clients identify and change unhelpful thought patterns, while acceptance and commitment therapy encourages mindfulness and values-based action. Exposure methods gradually reduce avoidance behaviours that maintain anxiety. Memory reconsolidation techniques aim to update the emotional charge of traumatic memories. The combination of these approaches allows therapists to tailor treatment to each individual's needs, which is particularly important when dealing with complex conditions like trauma.

Brain Botanics Therapy provides specialist trauma counselling for women who may have experienced a range of traumatic events. Trauma can manifest in many ways, including flashbacks, hypervigilance, emotional numbness and difficulty trusting others. It can also be a root cause of chronic anxiety, depression and physical health problems. Specialist trauma counselling for women aims to create a safe therapeutic environment where clients can

process their experiences at their own pace, without fear of judgment. The confidential one-to-one format ensures that each session is focused entirely on the client's needs, which is essential for building the trust required to work through deeply personal material.

Why Women-Focused Services Matter

Mental health services that are tailored specifically to women can provide more relevant and effective care. Women are more likely than men to experience certain types of trauma, such as sexual violence or domestic abuse, and may have different responses to stress and trauma due to hormonal factors, social roles and cultural expectations. A therapist who understands these nuances can better help a client make sense of her experiences and develop coping strategies that fit her life. Online delivery further enhances this by allowing women to attend sessions from the privacy of their own home, which can be especially important for those who feel unsafe leaving their environment or who have busy schedules.

The growing recognition of women-specific mental health needs has led to more services emerging across the UK. Awards like the Women's Health Awards highlight practices that demonstrate excellence in this area, encouraging innovation and high standards. For women seeking support, knowing that a service has been independently evaluated can provide reassurance about the quality of care they will receive.

How Online Therapy Works in Practice

Online therapy sessions typically take place via secure video platforms, allowing for real-time interaction between therapist and client. The process begins with an initial assessment to understand the client's history, current difficulties and goals. The therapist then develops a personalised treatment plan, drawing on the approaches mentioned earlier. Sessions are usually weekly and last around 50 minutes, though frequency and duration can be adjusted based on need. Between sessions, clients may be given exercises or reflections to practice, reinforcing the skills learned in therapy.

Confidentiality is a key concern for many people considering online therapy. Reputable services use encrypted platforms and comply with data protection regulations to ensure that sessions remain private. Clients are also advised to find a quiet, private space for their sessions to minimise interruptions. The therapeutic relationship developed online can be as strong as that formed in person, with many clients reporting feeling more comfortable opening up from their own environment.

The Role of Innovation in Women's Mental Health

The field of women's mental health continues to evolve as research sheds light on the specific ways that psychological conditions affect women. New therapeutic techniques and delivery methods are being developed to improve outcomes. For example, memory reconsolidation, which is part of the approach used by Brain Botanics Therapy, is a relatively recent development in trauma treatment. It involves revisiting a traumatic memory in a safe context so that the brain can update the emotional response associated with it. This technique shows promise for reducing the long-term impact of trauma.

Online services also allow for greater flexibility in how therapy is delivered. Some platforms offer messaging-based support, while others focus on video sessions. The ability to work with a therapist who specialises in women's issues, regardless of geographical location, means that women in rural or underserved areas can access high-quality care. This is particularly relevant in Scotland, where some regions have limited mental health services.

As awareness of women's mental health grows, so does the demand for services that are both effective and accessible. Practices that combine clinical expertise with a deep understanding of women's experiences are well positioned to meet this need. The recognition of Brain Botanics Therapy at the Women's Health Awards underscores the value of such services and may encourage other providers to follow suit.

For women across Scotland who are struggling with anxiety or trauma, the availability of specialist online counselling offers a practical and private path to recovery. The combination of evidence-based techniques, experienced therapists and a women-focused approach can make a significant difference in their quality of life. As the field continues to develop, it is likely that more women will seek out these services, and that providers will continue to refine their methods to better serve this population.