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, 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, and 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.

Online therapy has become an increasingly common way for people to access mental health support, particularly for those who may face barriers to in-person care. For women in Scotland, where geography and rural location can make travel to a clinic difficult, the ability to attend sessions from home can be a significant advantage. One to one therapy online allows the therapist and client to work together in a confidential setting without the need for travel, which can reduce the time and cost associated with attending appointments in person.

The Women's Health Awards, which recognised Brain Botanics Therapy in its 2026 edition, are designed to highlight services that demonstrate excellence in women's health. The awards consider factors such as the quality of care provided, the outcomes achieved for patients, the level of innovation in the service, and the overall contribution to the field of women's health. Being named Best Online Therapy Service 2026 Scotland places the practice among a select group of services that have been independently assessed against these criteria.

Rebecca Mackillop, who leads Brain Botanics Therapy, brings more than a decade of clinical experience to the practice. Her training at the University of Strathclyde and the University of Edinburgh has equipped her with a strong foundation in evidence-based therapeutic approaches. The practice specialises in anxiety and trauma, two areas that affect many women and can have a profound impact on daily life. Anxiety can manifest as persistent worry, panic attacks, intrusive thoughts, physical symptoms such as a racing heart or sweating, and avoidance of situations that trigger distress. Trauma, whether from a single event or prolonged exposure to difficult circumstances, can lead to similar symptoms and may require specialised techniques to address.

The therapeutic methods used at Brain Botanics Therapy are drawn from established models of psychological treatment. CBT helps clients identify and change unhelpful patterns of thinking and behaviour. ACT encourages acceptance of difficult thoughts and feelings while committing to actions that align with personal values. Exposure methods involve gradually facing feared situations in a safe and controlled way to reduce their power over the client. Memory reconsolidation techniques aim to update the emotional charge of traumatic memories by reactivating them in a safe therapeutic context and then introducing new information that changes how they are stored.

One to one therapy in an online format can be particularly effective for women who find it difficult to attend a clinic due to childcare responsibilities, work commitments, or mobility issues. The confidential nature of the sessions, conducted via a secure online platform, helps ensure that personal information remains private. For women in Scotland, the service is available across the country, including in the major cities of Glasgow and Edinburgh as well as more remote areas where specialist anxiety and trauma counselling may be harder to find.

The wider field of online mental health services has grown rapidly in recent years, driven by advances in technology and changing attitudes towards digital healthcare. Many therapists now offer online sessions as a standard option, and research has shown that online therapy can be as effective as in-person treatment for a range of conditions, including anxiety and post-traumatic stress disorder. However, the quality of online therapy varies widely, and awards such as the Women's Health Awards aim to help consumers identify services that meet high standards of care.

For women considering one to one therapy for anxiety or trauma, the choice of therapist and approach is an important one. Factors to consider include the therapist's qualifications, experience in the specific area of concern, and the therapeutic methods they use. Online therapy adds further considerations such as the reliability of the internet connection, the privacy of the space from which the client joins the session, and the security of the platform used. Practices like Brain Botanics Therapy, which have been recognised by an independent body, can provide a level of assurance to potential clients who are evaluating their options.

abnewswire.com, the source of the original announcement, reported the news of the award on the same day it was made public. The recognition by the Women's Health Awards adds to the growing body of evidence that online therapy services can achieve high standards of quality and patient outcomes. For women across Scotland who are experiencing anxiety or trauma, the availability of a recognised online service may make it easier to seek help without having to travel to a clinic.

The development of online therapy as a field continues, with new techniques and platforms emerging regularly. Memory reconsolidation, for example, is a relatively newer approach that

has gained attention for its potential to directly alter the emotional impact of traumatic memories. It works by first reactivating the memory in a safe setting, then providing new information that the brain can incorporate, thereby changing the way the memory is stored and reducing its ability to trigger distress. This approach is one of several that Brain Botanics Therapy incorporates into its work with clients.

As the demand for mental health support grows, services that can offer accessible, effective care are likely to become increasingly important. The recognition of Brain Botanics Therapy at the Women's Health Awards highlights the value of online one to one therapy as a viable option for women in Scotland who need support with anxiety and trauma. The practice's focus on evidence-based methods and its leadership by an experienced clinician provide a model for others in the field.

For those interested in learning more about the award and the practice, further details were published through abnewswire.com on November 11, 2026. The announcement serves as a reminder of the progress being made in the delivery of mental health services through online channels, and of the importance of recognising services that achieve excellence in women's health.