Scottish Therapy Practice Wins Women's Health Award for Online Service

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.

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 made on November 11, 2026.

Readers can find further coverage of this and other industry announcements on abnewswire.com. The recognition highlights a growing trend in the delivery of mental health support through remote channels.

The Rise of Remote Therapy Services

Online counselling has become an increasingly common way for people to access mental health support. For many, attending a clinic in person can be difficult due to travel time, work commitments, or the anxiety that may come with face-to-face appointments. Remote sessions remove those barriers, allowing individuals to speak with a therapist from home or another private space.

For women specifically, online therapy can be particularly useful. Women may face unique stressors such as hormonal changes related to menstruation, pregnancy, or menopause, as well as societal pressures around caregiving and career balance. Trauma, including experiences of domestic abuse or sexual violence, also affects women at higher rates in some contexts. Having access to a specialist who understands these issues without needing to travel can make a significant difference in whether someone seeks help.

How Online Therapy Works in Practice

Online therapy sessions are typically conducted through secure video conferencing platforms. The client and therapist see each other in real time, just as they would in a clinic room.

Sessions are usually scheduled at regular intervals, often weekly, and last around 50 minutes. The therapist may use worksheets, guided exercises, or relaxation techniques that the client can follow on screen.

Confidentiality remains a core concern. Providers use encrypted connections and comply with data protection regulations to keep session content private. Clients are advised to find a quiet space where they will not be overheard, and therapists often confirm that the client is alone before beginning.

The therapeutic approaches used online are the same as those used in person. CBT helps clients identify and change unhelpful thought patterns. ACT encourages acceptance of difficult emotions while committing to value-based action. Exposure methods gradually reduce avoidance of feared situations. Memory reconsolidation techniques aim to update the emotional charge attached to past experiences.

Why Women May Seek Specialist Support

Anxiety and trauma can manifest differently in women. Persistent worry, panic attacks, intrusive thoughts, and physical symptoms such as a racing heart or tense muscles are common. Avoidance patterns, where a person stops doing things that trigger anxiety, can shrink a woman's life over time. Specialist therapy addresses these patterns directly.

Some women prefer a therapist who understands female-specific experiences. For example, a woman who has experienced childbirth trauma may want a practitioner familiar with that area. Others may feel more comfortable discussing sensitive topics such as past abuse with a woman. The availability of online counselling for women means that even those in remote parts of Scotland can find a specialist without having to travel to a city.

The Role of Awards in Recognising Quality

Industry awards like the Women's Health Awards aim to identify services that deliver measurable benefits to patients. The judging process typically involves reviewing clinical outcomes, patient feedback, and the innovation behind the service. For therapy practices, awards can signal to potential clients that the service has been independently assessed and found to meet high standards.

For Brain Botanics Therapy, the award may help raise awareness among women who are looking for support but do not know where to start. Online therapy removes the need to visit a physical clinic, which can feel overwhelming for someone already struggling with anxiety. The combination of a recognised award and remote access could make it easier for women to take the first step.

Developments in the Online Therapy Field

The online therapy sector has evolved rapidly over the past decade. Early services often relied on text-based chat or email, which lacked the immediacy of a live conversation. Today, high-quality video calls are standard, and therapists can use screen sharing to work through exercises together. Some services now offer asynchronous messaging between sessions, allowing clients to check in with their therapist between appointments.

Regulatory frameworks have also adapted. In the UK, therapists providing online sessions must still be registered with a recognised professional body, such as the British Association for Counselling and Psychotherapy or the Health and Care Professions Council. The same ethical standards around confidentiality, informed consent, and record keeping apply regardless of whether the session takes place in person or online.

For women in Scotland, the geographic spread of the population means that many live far from major cities. Online counselling for women bridges that gap, providing access to specialists who might otherwise be hours away. As internet connectivity improves in rural areas, the reach of these services is likely to grow further.

What to Expect from a Typical Session

A first online therapy session usually involves an assessment. The therapist asks about the client's current difficulties, history, and goals for therapy. They explain how sessions work, how confidentiality is maintained, and what the client can expect. Together, they agree on a focus for the work ahead.

Subsequent sessions are structured around that focus. The therapist may teach coping strategies, guide the client through exposure exercises, or use relaxation techniques to manage physical symptoms. Between sessions, the client might be asked to practise new skills or keep a record of thoughts and feelings. This homework is key to making progress, as it helps the client apply what they learn in real-world situations.

Ending therapy is also planned. The therapist and client discuss a timeline for sessions from the start, so there is a clear sense of direction. As the client gains confidence, sessions may become less frequent, with a final session focused on maintenance strategies and relapse prevention.

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