Scottish Therapy Practice Wins National Award for Online Trauma Support

Brain Botanics Therapy, a Glasgow-based practice that provides 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 CBT, ACT, exposure methods and memory reconsolidation techniques. The announcement was published on November 11, 2026, and received coverage on abnewswire.com.

The Rise of Remote Mental Health Support

Online therapy has become a widely used model for delivering mental health care, particularly for individuals who face barriers to in-person sessions. For many women, factors such as geographic distance from clinics, childcare responsibilities, work schedules, or the stigma still attached to seeking help can make traditional appointments difficult to attend. Remote counselling removes these obstacles by allowing clients to connect with a therapist from their own home, at a time that suits them.

This format is especially relevant for trauma therapy. Trauma survivors often find it challenging to enter a new environment or sit in a waiting room with strangers. Being in a familiar space during sessions can reduce the initial anxiety that might otherwise prevent someone from seeking help. The therapeutic relationship still develops through video calls, but the client retains a sense of control over their surroundings.

How Online Trauma Therapy Works

Online trauma therapy typically follows the same clinical frameworks as in-person treatment. A therapist conducts an initial assessment to understand the client's history, current symptoms, and goals. Sessions then proceed weekly or at another agreed frequency, using secure video conferencing software that meets data protection standards.

The core of the work involves helping the client process traumatic memories and reduce the distress they cause. Therapists may use cognitive behavioural techniques to challenge

unhelpful thought patterns, acceptance and commitment therapy to build psychological flexibility, or exposure methods to gradually desensitise the client to triggers. Memory reconsolidation, a newer approach, aims to update the emotional charge stored with a memory so that it no longer provokes a strong fear response.

Between sessions, clients may be given exercises to practise grounding skills, track mood changes, or test new coping strategies in real-life situations. The therapist monitors progress and adjusts the plan as needed. Because the work happens remotely, the client can apply these skills immediately in the environment where their difficulties arise.

Why Access Matters for Women in Scotland

Scotland's geography presents a particular challenge for mental health services. Many women live in rural or island communities where specialist trauma therapists are scarce. Even in cities like Glasgow and Edinburgh, waiting lists for specialised care can be long. Online provision helps bridge that gap by making expertise available regardless of the client's postcode.

Women's mental health needs often differ from men's in ways that require tailored approaches. Trauma in women is frequently linked to interpersonal violence, reproductive events, or long-term emotional abuse. Therapists who focus on women's experiences can offer a more relevant frame for recovery. The confidentiality of one-to-one sessions also matters: some women may worry about being seen entering a therapy clinic in their local area, particularly in small communities.

The Role of Awards in Raising Standards

Industry awards like the Women's Health Awards serve several functions. They publicly recognise services that demonstrate high quality in patient care, innovation, and outcomes. For prospective clients, an award can act as a signal that a practice has been independently assessed and found to meet rigorous criteria. For the field as a whole, awards encourage continuous improvement and highlight models that could be replicated elsewhere.

The evaluation process for these awards considers how well a service addresses the specific health concerns of women, how it measures its effectiveness, and whether it brings something new to the field. Services that win often combine clinical excellence with practical accessibility, making it easier for women to engage with care.

The Growing Field of Trauma-Informed Care

Over the past decade, awareness of trauma and its long-term effects has increased substantially across healthcare. Trauma-informed care means that practitioners understand how traumatic experiences shape a person's emotional and physical health, and they design

their services to avoid re-traumatisation. This approach is now considered best practice in many mental health settings.

Online trauma therapy aligns well with trauma-informed principles. Clients have more control over the therapeutic environment. They can choose where to sit, what to have nearby for comfort, and when to end a session if they become overwhelmed. The therapist cannot see anything outside the camera frame, which can reduce the feeling of being observed. These factors help create a safer experience for someone who has had their boundaries violated in the past.

Therapists working in this area need specific training in trauma protocols, not just general counselling skills. They must know how to stabilise a client who becomes distressed during a session at a distance, how to spot signs of dissociation on screen, and how to structure sessions to avoid flooding the client with too much emotion too quickly. Clinical experience of the kind held by practitioners like Mackillop, who has been in the field for more than a decade, is a strong foundation for this work.

What Clients Can Expect from Online Sessions

A typical online session lasts between 50 and 60 minutes. The therapist will check in with the client about how the week has been, whether any difficult events occurred, and what the client wants to focus on. The therapeutic work proceeds as it would face to face, with the therapist guiding the conversation, offering reflections, and introducing techniques as appropriate.

One difference is that the therapist cannot read body language as fully as they would in person. They rely more on verbal cues and facial expressions visible through the camera. This means that clear communication from the client about how they are feeling becomes even more important. Good therapists check in frequently and invite the client to describe their internal state.

Technical requirements are minimal: a stable internet connection, a device with a camera and microphone, and a private space where the client will not be overheard. The therapist ensures that the platform they use is encrypted and compliant with health data regulations. The release noted that Brain Botanics Therapy provides confidential one-to-one sessions, which aligns with standard practice in the field.

Looking Ahead

The recognition of a Scottish online therapy service by a national awards body reflects a broader shift in how women access mental health care. As remote services become more established, the distinction between online and in-person therapy is likely to blur. What matters

most is the quality of the therapeutic relationship and the effectiveness of the methods used, not the medium through which sessions are delivered.

For practices like Brain Botanics Therapy, the award validates a model that combines clinical rigour with accessibility. The practice's focus on anxiety and trauma, its use of evidence-based techniques, and its commitment to serving women across Scotland all contributed to the recognition. The coverage of the announcement on abnewswire.com helped spread the news to a wider audience of industry professionals and potential clients.

As more women seek help for anxiety and trauma, the availability of specialist online services will continue to grow. Awards and independent evaluations will help them identify which services meet high standards. The field is moving toward a future where effective trauma therapy is not limited by geography, and where women can find the support they need from the privacy of their own homes.