Online Trauma Therapy Provider Receives Scotland's Best Online Therapy Service Award

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 are organised by Global Health and Pharma and evaluate service quality, patient outcomes, innovation and contributions to women's health. The practice, led by Rebecca Mackillop, offers confidential one-to-one sessions for women in Glasgow, Edinburgh and the wider Scottish region.

Background on Online Trauma Therapy

Online trauma 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 individuals dealing with the aftermath of traumatic experiences, the ability to receive therapy from home can reduce the stress of travel and waiting rooms, which may themselves feel overwhelming. Sessions are typically conducted via secure video platforms, allowing for real-time interaction between therapist and client.

The therapeutic approaches used in online trauma therapy often draw from established methods such as cognitive behavioural therapy (CBT), acceptance and commitment therapy (ACT), exposure techniques and memory reconsolidation work. These methods aim to help clients process distressing memories, reduce avoidance behaviours and build new ways of responding to triggers. One approach that has gained attention in the field is paced therapy for trauma recovery, which emphasises a gradual, structured progression through therapeutic work to avoid overwhelming the client. This method allows the individual to build tolerance for difficult emotions and memories at a manageable pace.

For women experiencing persistent worry, panic attacks, intrusive thoughts, physical anxiety symptoms and avoidance patterns, online therapy can offer a flexible and accessible option. The confidential nature of one-to-one sessions conducted remotely may also appeal to those who feel stigma around seeking help or who have limited local services. Therapists working in this space must be skilled at building rapport through a screen and adapting their techniques for the digital format.

The Role of Pacing in Trauma Work

Trauma therapy, whether delivered online or in person, requires careful attention to pacing. Rushing the process can retraumatise clients, while moving too slowly may stall progress. Clinicians often use a phased approach, starting with stabilisation and safety before moving to

processing and integration. This is where paced therapy for trauma recovery fits in: it provides a framework for moving through these stages at a rate that feels sustainable for the individual. The therapist monitors the client's responses closely, adjusting the tempo as needed. In an online setting, the therapist may use screen-based tools or worksheets to help the client track their progress and practise skills between sessions.

Another key element in trauma therapy is the therapeutic relationship. Trust and safety are essential, and building them online requires deliberate effort. Therapists may spend more time at the outset on establishing a sense of connection and explaining how the online format will work. Regular check-ins about the client's comfort with the technology and the session structure are common. The goal is to create a space where the client feels held and supported, even through a screen.

For many women, the combination of anxiety and trauma can create a cycle that feels hard to break. Anxiety symptoms such as hypervigilance or panic can be rooted in traumatic experiences, and treating them often involves addressing both the underlying trauma and the current anxiety patterns. Online therapy that integrates CBT, ACT and exposure methods can help clients identify the links between their thoughts, feelings and behaviours, and develop new coping strategies. Memory reconsolidation techniques, which aim to update the emotional charge of old memories, are another tool that some therapists use in this work.

Growing Recognition for Specialised Services

The Women's Health Awards recognise excellence in services that support women's health and wellbeing. Brain Botanics Therapy being named Best Online Therapy Service 2026 Scotland highlights the growing recognition of online therapy as a valid and valuable form of care. The award considers factors such as service quality, patient outcomes, innovation and contributions to women's health. For a practice that focuses specifically on women's experiences of anxiety and trauma, this recognition may help raise awareness of the availability of such specialised support.

Rebecca Mackillop, who leads Brain Botanics Therapy, brings 12 years of clinical experience to her work. She trained at the University of Strathclyde and the University of Edinburgh, and her practice draws on a range of evidence-based approaches. The practice supports women dealing with persistent worry, panic attacks, intrusive thoughts, physical anxiety symptoms and avoidance patterns. By offering online sessions, the practice reaches women across Scotland, including those in remote areas where in-person therapy options may be limited.

The field of online trauma therapy continues to develop as technology improves and research into its effectiveness grows. Many practitioners now see it as a complement to in-person care rather than a replacement. For clients, the choice between online and face-to-face therapy

often depends on personal preference, the nature of their difficulties and practical considerations such as location and schedule. What matters most is that the therapy is tailored to the individual's needs and delivered by a qualified professional.

As awareness of trauma and its impacts increases, so does the demand for accessible, effective treatment options. Online therapy services that specialise in trauma and anxiety for women play an important role in meeting that demand. They offer a way for women to receive help without leaving their homes, in a format that can be both convenient and deeply effective when delivered well.