The Irlen® Institute Expands Network with New Practitioners in United Kingdom

May 21, 2026

Long Beach, California - May 21, 2026 -
The Irlen® Institute announces the addition of two newly certified Irlen® Diagnosticians to its United Kingdom network, strengthening the organization's capacity to serve individuals with visual processing challenges across Suffolk and surrounding regions. Katherine West of Ipswich and Shelley Kinnaird bring extensive backgrounds in education, environmental science, and special educational needs support to their new roles as certified diagnosticians.

The expansion reflects growing demand for specialized visual processing assessment and intervention services throughout the United Kingdom, where reading difficulties, headaches, and attention challenges related to light sensitivity affect thousands of students and adults. Both practitioners completed rigorous certification training through the Irlen® Method, equipping them to provide comprehensive diagnostic assessments and determine appropriate spectral filters for individuals with Irlen Syndrome.

"The addition of Katherine West and Shelley Kinnaird to our diagnostician network represents a significant enhancement to our services in the United Kingdom," said Sandra Tosta, Director of International Operations at Irlen International. "Their diverse professional backgrounds and demonstrated commitment to helping

individuals overcome visual processing challenges align perfectly with our mission to improve quality of life through specialized color-based interventions."

West brings a unique combination of scientific expertise and community leadership to her diagnostician role. After building her career at the Environment Agency with degrees in Environmental Biology and Estuarine and Coastal Science Management, she discovered her passion for helping individuals with visual processing difficulties through her extensive volunteer work with Girlguiding. Since training as an Irlen Syndrome screener in 2018, West has assisted numerous young people and adults in identifying and addressing their visual stress symptoms. She is currently completing her dissertation for an MSc in Psychology of Mental Health and Wellbeing at the University of Wolverhampton.

Kinnaird's appointment adds specialized educational expertise to the regional network. As a Pastoral Lead and SEND Support specialist at a Suffolk primary school, she brings a deep understanding of how visual processing challenges impact learning and development. Her qualifications include SEND Diplomas at multiple levels, ILM Leadership and Management certification, and specialized training in Trauma Informed Practice and Mental Health First Aid. Through her work as a regular Irlen Syndrome screener, Kinnaird has developed comprehensive assessment approaches that engage teachers, parents, and students throughout the diagnostic process.

The certification of these practitioners expands access to specialized visual processing services at a critical time when awareness of Irlen Syndrome continues to grow among educators and healthcare professionals. Research indicates that approximately 12-14 percent of the general population experiences symptoms related to visual stress and light sensitivity that can be addressed through proper assessment and intervention with spectral filters.

The Irlen® Institute maintains a global network of certified providers across 46 countries, having helped millions of adults and children improve their reading performance, reduce physical symptoms, and enhance overall quality of life. The organization pioneered the use of colored overlays and spectral filters to address perceptual processing difficulties and continues to advance research in spectral filter color lens technology. Through its comprehensive training programs, the Institute ensures that certified diagnosticians and screeners maintain the highest standards in assessment and treatment of Irlen Syndrome, also known as visual stress and scotopic sensitivity.

###

For more information about The Irlen Institute, contact the company here:The Irlen InstituteSandra Tosta562-496-2550sandy@irlen.com5380 E. Village RoadLong Beach, CA 90808

The Irlen Institute

The Irlen Institute, founded by Helen Irlen in 1983, has helped over a million people worldwide through its comprehensive diagnostic process and innovative technology.

Website: https://irlen.com/

Email: sandy@irlen.com

Phone: 562-496-2550