

Living Wholeness

Online Foundations Trainers



John Warlow has over 35 years of experience as an Adult, Child, and Family Psychiatrist, with extensive clinical expertise. He has contributed significantly through consulting, teaching, writing, and supervising, serving professionals, pastors, and churches in Australia and Asia. He found The Christian Wholeness Framework and became founder of the the Living Wholeness Community over 30 years ago. John is dedicated to wholistic, God-centered transformation. He and his wife, Jill, have lived in Brisbane, Australia for over 35 years and are proud parents of five adult children and grandparents to 8 grandchildren.



Carolyn Russel is a General Practitioner and now therapist, working in a community Counselling centre in Brisbane, Australia. She is married to her long-suffering husband, Norton, with whom she shares 3 lovely grown kids, and their spouses, and 2 grandchildren. She loves to dye fabric, make music, and kayak, as well as creating gardens for picking produce with those little people. It is her delight to counsel and teach, using the LW Approach as a base for her therapeutic understanding, and she now works mostly with Couples therapy and trains counsellors psychologists and doctors in Couples work as well



David Nikles, an Australian, practised as a Family Physician before commencing mission work and life in China where his focus was on mental health: counselling, supervising, training and equipping. After leaving China, he worked across the Asian region on strengthening Christian Counselling, in two roles: CEO of Living Wholeness, and Executive Team member of the Asian Christian Counselling Association (ACCA). David has written several books on transformation and training counsellors. He is married to Susanne, they have 3 adult children, and a granddaughter on the way. David loves anything to do with adventure outdoors.



Susanne Nikles began professional life as an Occupational Therapist before taking a Masters in Counselling, and has been a counsellor for more than 3 decades. She began mission work in China from 2005, also offering counselling supervision, training and course curriculum development. She now is a senior leader and trainer within Living Wholeness, and an Executive Team Member. Susanne wrote *Your Marriage Garden*, *Nourish the Heart*, and contributed to other LW publications. Married to David, she has three adult children and a grandchild on the way. Susanne loves catching up with family, reading, sewing, gardening, and outdoor adventures.



Stephanie Gerber: Counseling MA and Intercultural Studies MA. Her relational focused counseling practice includes EMDR, Trauma counseling for Individuals and Gottman Therapy for couples. Together with her husband they have lived and worked in Asia between 2001 to 2020. At the moment they are based in Germany while running Living Wholeness counseling trainings in Asia. Steffi is part of the Living Wholeness Asia community, serving in the Executive Team, working as program developer, trainer and supervisor with CWF. She enjoys mountain-ebiking, deep conversations over Pizza and good fun with God.



Rev. Sharon Khoo is an ordained minister, pastoral counsellor, missionary & co-founder of Forerunners Ministry, author of the book 'Hope in Despair' (her memoir of healing from Complex Trauma & Depression), guest speaker and Living Wholeness trainer with 15 years of experience serving in Asia, especially in Thailand where she is based. Her heart's desire is to be a bridge for Jesus & the broken-hearted, helping them connect to Him to heal, transform and be restored to wholeness, using an integration of spiritual and clinical therapies. A member of the Living Wholeness team since 2020, Sharon has trained lay leaders and church members using the CWF and counselled many lives. She is married with 3 kids, loves dogs, good food, the colour purple and having fun!



Claire Wadsworth served as a missionary in Asia for over 25 years and brings a wealth of experience in pastoral care, counselling, and member care. A qualified midwife with a Master's in Member Care, she is also a trained sand tray therapist and trainer. Claire has been deeply involved in supervision, mentoring, and marriage and family ministry, supporting individuals and teams in both personal growth and ministry resilience. Now based in the UK, she continues to serve on the Living Wholeness executive leadership and training team, ministering throughout Asia and Africa. Claire is married to John, with whom she has two children. She enjoys reading, sea swimming, and relaxing by the sea.

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John Wadsworth served as a missionary in Asia for over 25 years, focusing on pastoral care, leadership development, mentoring, and team building across diverse cultures. His ministry experience includes supporting individuals, couples, and leaders through seasons of growth and challenge, shaped by a deep, relational approach to spiritual and emotional care. Now based in the UK, John continues to serve on the Living Wholeness executive leadership and training team, ministering throughout Asia and Africa. He is passionate about equipping others to bring Christ-centred wholeness into their communities. John is married to Claire, and they have two children. He enjoys cycling, sea swimming, and outdoor adventures.



Geok-Cheng cares deeply for individuals going through affliction, whether mentally, emotionally or physiologically. Her concern for them motivates her to administer pastoral care and counselling for more than 20 years, especially those who suffer from cancer. Utilising her diverse training experiences, She currently serves in her church Grace Community and Living Wholeness, a not-for-profit Christian counselling organisation in various capacities. Geok is happily married to Chin Kar. She relaxes and finds joy watching movies together with him. She loves to bake for others or prepare a home-cooked meal for friends.



Sally d Ladignon is a Registered Guidance Counsellor and Civil Engineer in the Philippines, dedicated to mental health advocacy. She offers counselling services and teaches at Alliance Graduate School, where she trains future counsellors and supervises interns. As a member of AGS Trauma Cares, she aids disaster survivors and leads psychoeducation efforts in various communities. She integrates the Living Wholeness approach in her work and is currently training in neuroscience coaching and EMDR through the Traumatology Institute of the Philippines. A wife and mother of two, Sally graduated from PACT3 in 2023 and continues to pursue advanced counsellor training.