



Foundations of Living Wholeness Online Course

About Living Wholeness

Living Wholeness is a global Christian community and training organisation focused on God-centred transformation of the whole person.

Rooted in the Christian Wholeness Framework (CWF), it integrates theology and psychology to provide a practical and holistic approach to growth, healing, and relationships.

We are an interdenominational and multicultural movement, equipping individuals, churches, and leaders through training, resources, and shared learning.

Our programmes develop the attitudes, skills, and understanding needed to care for others—empowering people to bring healing and restoration within their own cultures and communities.

Course Fees

The Course fees are US\$150, However to ensure fair access globally, course fees are structured in four tiers based on nationality. Please refer to the table on the registration form to find the applicable fee.

[Course Fees](#)



[Register Now!](#)

About the Foundations Course

Begin a transformational journey of personal growth and healing through the Christian Wholeness Framework (CWF). Grounded in faith and practical insight, CWF's **5 Steps and 5 Shapes** offer a gentle, structured pathway toward deeper self-understanding, emotional wellbeing, and spiritual maturity.

Key topics include:

- Personal transformation through TASK (Transformation, Attitudes, Skills, Knowledge)
- Understanding common mental health difficulties and how to respond supportively.
- Engaging group work for deeper learning and connection

Who Is This Course For?

- Church members, Pastors and pastoral care teams
- NGO workers, Missionaries & Member Care providers
- Mental health professionals integrating faith and practice
- Coaches, counsellors, and mentors

Course Format (30 hours, 6 Weeks)

Online teaching videos – approx. 10h

Self-study & reflection – 8h

Online group sessions – 12h (6 × 2h)

“This Course helped improve our understanding of who we are and how we need to help ourselves to be able to help others in need”

Join us and build a strong foundation in Christian counselling!

Questions  admin@livingwholeness.org

 www.livingwholeness.org