

Zurich Hypnotherapist Jan Mion Marks 8,000 Client Sessions and Expands Online

Mion Hypnose passes 8,000 client sessions and expands online hypnotherapy across Switzerland, alongside its two established Zurich practices.

ZURICH, ZÜRICH, SWITZERLAND, August 22, 2026 /EINPresswire.com/ -- Mion Hypnose, a Zurich hypnotherapy practice founded by Jan Mion, has completed 8,000 hypnosis sessions with paying clients since Mion entered independent practice in 2015. Most of those appointments lasted approximately one hour. The milestone comes as online hypnotherapy across Switzerland has become the practice's primary format, while its two hypnosis practices in Zurich remain available for clients who prefer in-person sessions.

A Milestone Built Across 11 Years

The 8,000-session count represents hypnosis appointments delivered to paying clients rather than training hours, course participants or informal demonstrations. It reflects more than a decade of individual client work across a wide range of personal concerns and goals. Although the length of an appointment can vary according to the client's needs, most sessions lasted about 60 minutes.

Mion established his independent practice in Zurich in 2015. Since then, the work has developed across three connected areas: individual hypnotherapy, coaching with hypnosis and the teaching of hypnosis. The 8,000-session milestone relates specifically to his practical work with clients.

Training Within the Erich Zulauf Tradition

Mion first encountered hypnosis during childhood through his father's interest in complementary medicine. His interest returned while he was studying psychology, when his father directed him to courses taught by Swiss hypnosis educator Dr. Erich Zulauf.



The founder of Mion Hypnose, Jan Mion, Hypnotherapist EZC



The measure of hypnosis is not how effective the trance felt, but what is transferred into day-to-day life."

*Jan Mion, Founder and
Hypnosetherapeut EZC, Mion
Hypnose*

Mion subsequently completed the Hypnosetherapeut EZC qualification, the EZC Hypnose Trainer diploma and the EZC 3 Star Advanced diploma. He became Zulauf's youngest training assistant and has served as a co-trainer in hypnosis courses at Zulauf Communications since 2020.

Across more than 1,500 hours of hypnosis training and continuing education, Mion has studied different forms of suggestion, trance work, self-hypnosis and behavior

change. He says that the combination of formal training and repeated client work has shaped an increasingly individual approach: rather than applying the same protocol to every person, each session is developed around the function that a particular reaction, habit or symptom serves for that client.

How Mion's Permissive Hypnosis Approach Works

The central idea behind Mion's approach is that the subconscious mind is already trying to find a solution. A symptom or persistent behavior may be disruptive in daily life, but within this model it can also be understood as the subconscious mind's current best attempt to address a deeper issue or need.

For that reason, Mion does not approach hypnosis as a struggle in which a symptom must simply be suppressed. Instead, the session invites the subconscious mind to participate in developing a more useful solution. The invitation is important: permissive hypnosis uses suggestions and possibilities instead of treating the subconscious as something that must obey rigid commands.

The work has two connected objectives. The first is to identify and, where possible, resolve the underlying issue that made the existing symptom or behavior necessary. The second is to establish a different approach for future situations, so the client has an alternative response instead of automatically returning to the old symptom or pattern.

Within this framework, removing a behavior without understanding its purpose can leave the underlying need unanswered. Mion's aim is therefore not only to interrupt an unwanted response, but also to help the client develop an alternative that the subconscious can accept and apply in everyday situations.

A Structured, Individual Session

A typical appointment lasts approximately 60 minutes and begins with a conversation about the client's concern, the situations in which it appears and what may be maintaining it. That

conversation gives the subsequent trance work a specific direction. The hypnosis is then adapted to the client's language, internal images, reactions and goals rather than read from a standardized script.

Clients come to Mion Hypnose for support with concerns including stress and burnout, smoking cessation, weight management, sleep difficulties, fear of flying, public speaking and performance anxiety, procrastination, habit change and self-confidence. These examples describe areas in which clients seek support; they are not promises of a particular outcome.

Most clients attend between two and five sessions. Time between appointments allows them to observe what changes in real situations, what remains difficult and which parts of the work are transferring successfully into daily life. The next appointment can then build on those observations.

"The measure of hypnosis is not how effective the trance felt, but what is transferred into day-to-day life," said Jan Mion, founder and Hypnosetherapeut EZC at Mion Hypnose. "A session can feel profound, quiet or surprisingly ordinary. What matters is whether the subconscious has found a better way to address the underlying issue and whether that different response becomes available when the client needs it."

Online Across Switzerland and in Zurich

Mion Hypnose now conducts most appointments online by video, allowing clients throughout Switzerland to attend from home. The basic structure remains the same as an in-person appointment: an individual preliminary conversation followed by personalized trance work.

Clients who prefer an in-person setting can attend at Mion Hypnose Zürich Enge, Breiteringerstrasse 21, 8002 Zürich, or Mion Hypnose Zürich Hottingen, Ilgenstrasse 4, 8032 Zürich. Sessions are available in German and English.

About Mion Hypnose

Mion Hypnose is an independent hypnotherapy practice founded by Jan Mion in Zurich, Switzerland, in 2015. Mion is a Hypnosetherapeut EZC, an EZC Hypnose Trainer and holder of the EZC 3 Star Advanced diploma. He has completed more than 1,500 hours of hypnosis education, has served as a co-trainer at Zulauf Communications since 2020 and has delivered 8,000 hypnosis sessions with paying clients.

The practice offers individual hypnotherapy, self-hypnosis coaching and trance-based behavior change online throughout Switzerland and at two locations in Zurich. Most appointments last approximately 60 minutes and cost CHF 200.

More information is available on the Mion Hypnose website.

<https://janmion.ch/en/online-hypnosis/>

<https://janmion.ch/en/hypnosis-zurich/>

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