



Guidance on Sponsorship

We in Psychedelics in Recovery (PIR) honor the spirit of sponsorship in traditional 12-step processes. We appreciate the ways in which sponsorship in PIR shares similarities and differences with other 12-step fellowships. We use the familiar language of “Sponsor” and we feel that the term “Fellow Traveler” fits as well.

“Fellow Traveler – This is the traditional method of ACA/ACOA sponsorship. A person who is willing to share experience, strength, and hope in helping the sponsee work their way through the 12 Steps” (adultchildren.org)

In PIR we use “Sponsor” and “Fellow Traveler” interchangeably.

GET THE MOST OUT OF SPONSORSHIP

The main responsibility for the PIR Sponsor is to take the PIR Sponsee through the Steps of PIR

- ∞ *A sponsor shares personal experience and knowledge to help the sponsee find and maintain their own definition of recovery through the Steps of PIR.*
- ∞ *A sponsor shows by present example of what PIR means in the sponsor's life.*
- ∞ *A sponsor encourages and helps the sponsee to attend a variety of meetings to get a number of viewpoints and interpretations of the program of recovery.*
- ∞ *A sponsor suggests keeping an open mind about PIR, the 12 Steps, a Higher Power and all spiritual experiences.*
- ∞ *A sponsor encourages the sponsee to find a home group for fellowship and connection in recovery and look for ways to be of service.*
- ∞ *A sponsor sees that the sponsee is aware of PIR literature, in particular the Twelve Steps and Twelve Traditions, The Guiding Principles of PIR, and How to Integrate - A Plan of Action.*
- ∞ *A sponsor impresses upon the sponsee the importance of all the Traditions.*
- ∞ *A sponsor tries to give the sponsee some picture of the broad-reaching scope of PIR and the inclusivity of all 12-Step fellowships and other paths of recovery.*
- ∞ *A sponsor does not offer medical advice.*
- ∞ *A sponsor assists the sponsee in determining for themselves their own definition of recovery and practicing personal discretion regarding when, how, and with whom to talk openly about their involvement in PIR.*
- ∞ *A sponsor may assist the sponsee in identifying their own path for integrating psychedelics into their 12-Step recovery.*
- ∞ *A sponsor quickly admits “I don't know” when that is the case and helps the sponsee find a good source of information*
- ∞ *A sponsor does not impose their personal views on the sponsee regarding matters of spirituality, religion or any other outside issues, but may share their personal experience with these matters.*
- ∞ *A sponsor does not offer professional services such as those provided by counselors, the legal, medical or social work communities, but may sometimes help the sponsee to access professional services outside the scope of PIR if needed.*
- ∞ *A sponsor underscores the fact that it is the PIR recovery program - not the sponsor's personality or position - that is important. Thus, the sponsee learns to rely on the PIR program not on the sponsor. A well-grounded sponsor encourages the sponsee to seek additional support and guidance from other members of PIR.*