

Victor Scenario

Victor is a 32-year-old man who describes himself as bisexual. He has a girlfriend who he's been with for several years. On the weekends, he also likes to meet guys online for sex. He enjoys using crystal meth before meeting up with these guys. He really doesn't like using condoms, but he will if his partner insists. He doesn't want to get HIV, and has researched quite a lot about transmission, but still can't imagine using a condom every single time. He recently heard a rumor that someone he hooked up with last month was HIV-positive, and that's why he came in for testing today. This is his first-time testing. He is nervous and admits he almost didn't come in.

Open-Ended Questions

Turn these closed-ended questions into open-ended questions (OEQ) to help gather context.

For example: (Closed-ended) "Do you put your HIV status in your online profile?"

How can we use an open-ended question to find out the same information?

Answers could include:

What HIV information do you put in your online profile? (OEQ)

What information do you share with potential partners in the apps? (OEQ)

How do you exchange information about HIV status with partners? (OEQ)

Substance Use:

- Do you do drugs every weekend?
- Do you enjoy sex more on crystal meth?
- Do you *smoke* crystal?

Sexual Behaviors:

- Do you bottom or do you top with the guys you hook up with?
- Do you dislike the way condoms feel?
- Do you know anything about the guys you hook up with?

Partners:

- Do you talk about HIV status with all of your partners?
- Are you and your girlfriend monogamous?
- Do you have sex with the same people more than once?

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Affirmations

Here is an example of identifying a strength and creating an affirmation:

Victor was nervous, but still came in. (Strength)

What kind of person can do that? A brave person. Or: a determined person,

"Even though you were nervous, you came in for a test." (Affirmation)

Or

"You have the courage to do difficult things." (Affirmation)

Or

"You don't let your nerves get in the way of taking care of your health."

Create affirmations using the strengths identified below:

- Victor will use condoms if his partner insists.
 - What kind of person is willing to use condoms if their partner insists?
 - How could you affirm this?
- He has researched quite a lot about transmission.
 - What kind of person does all that research?
 - How could you affirm this?
- He doesn't want to get HIV.
 - What kind of person doesn't want to get HIV?
 - How could you affirm this?
- He tried something new (HIV testing) to protect his health.
 - What kind of person does that?
 - How could you affirm this?

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Reflections

Here is an example of reflecting something a client has said:

Victor: "Condoms are such a drag. I hate using them."

Counselor: "You dislike condoms." (Reflection)

Or

"Condoms aren't your favorite way of protecting yourself." (Reflection)

Or

"You are looking for other ways of protecting yourself." (Reflection)

Using the client statements below, create one or more reflections:

- Victor: "I don't always need to use crystal, but I really enjoy sex when I'm high."
- Victor: "I don't want to get HIV, even though I know it's not such a big deal anymore."
- Victor: "I'm freaked out about bringing something home to my girlfriend."

Reflections don't need to start out in a particular way, but sometimes it's easier (especially when you are just starting to get a feel for them) to begin them in a certain way. Some that you might try include...

"You're feeling..."

"It sounds like..."

What I'm hearing you say is..."

"You're wondering about..."

"You want to make a change because..."