
Case Scenario for Tony

Client Background

Tony is a young attractive 25 year old male who works as an assistant manager of a retail store. Both men and women find him attractive and pass their telephone numbers to him at work and in the streets. He thinks of himself as gay, though he is not “out” to his family. He has a few close male friends. He has a good female friend, Denise, who sees his anxiety sometimes and has urged him to get some kind of help, but he just can’t face a “safer sex group.”

Tony had engaged in unprotected sex with a few guys when he younger. Three years ago, he learned that one of his former sex partners and now close friend (Mike) was HIV-positive. Tony immediately took an HIV test to see if he was positive. The test was negative. The whole experience gave him the determination to avoid unprotected anal intercourse. Since this ordeal, he has not had unprotected sex. The few times someone tried to push for unprotected anal sex, it seemed easy to say “no,” opting for oral sex instead.

Tony began having unprotected sex in the past six months, particularly with very attractive partners. He said he missed the feel of men “skin to skin” and was tired of safer sex. He does not drink alcohol or do drugs before having sex with his sexual partners and he always carries condoms.

Tony goes to get an HIV test and is very uptight. This is his third time for testing. Both of the other tests were negative. He is feeling stressed about going through the routine again. He knows the HIV/AIDS/STD information by heart. He feels guilty because he knows what to do to protect himself, but when he scores with certain men, he gets so turned on that he foregoes using condoms. Tony knows that unsafe sex is wrong but has difficulty explaining to the counselor about why he continues the behavior. “Sometimes it just happens and it makes me mad.”

Although Tony’s HIV test comes back negative, the test counselor refers him to Comprehensive Risk Counseling and Services. Tony reluctantly agrees because he knows he needs to do something.