

# Observation Report For Psychology

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**Observer:** Dr. John Martin

**Date:** October 12, 2024

**Subject:** James Turner

**Age:** 16

**Observation Duration:** 2:00 PM – 3:00 PM

**Location:** Counseling Office

**Purpose:** This observation was conducted to assess James Turner's behavioral responses and social interactions in a controlled environment. James has been referred for evaluation due to reported difficulties in social settings and frequent mood fluctuations.

**Setting and Methodology:** James participated in a one-on-one session involving both conversational and task-based activities. I used a semi-structured observation approach, focusing on nonverbal cues, emotional responses, and overall engagement.

## **Observations:**

During the session, James maintained minimal eye contact and frequently looked away when discussing his feelings. He sat with his arms crossed, which could indicate discomfort or reluctance to open up. His tone was generally flat, with brief moments of emotional expression when he mentioned certain topics, such as school or friendships.

At 2:15 PM, James engaged in a task that involved identifying his feelings based on different scenarios. He struggled to label his emotions accurately and often paused before answering, suggesting difficulty with emotional awareness. When asked about

his interactions with peers, he mentioned feeling misunderstood and isolated, which may indicate social anxiety or challenges in forming connections.

Throughout the observation, James showed signs of fidgeting, tapping his fingers and shifting in his seat, particularly during emotionally charged questions. However, when given a chance to discuss his hobbies, he became more animated, indicating potential areas where he feels more comfortable and secure.

### **Analysis and Interpretation:**

James's body language and responses suggest possible discomfort in discussing personal emotions, with signs of anxiety and detachment in social contexts. His difficulty in identifying emotions could be indicative of emotional regulation challenges. The increased comfort when discussing hobbies suggests areas where he may feel a sense of control and positivity.

### **Recommendations:**

Based on this observation, I recommend further evaluation through structured interviews and possible psychological assessments. Developing a tailored therapeutic approach focused on building emotional awareness and social skills would likely benefit James. Engaging him in activities that leverage his interests may help him build confidence in social settings.