



**PGY4/COD Personalized Learning Experience (PLEX) Rotations  
Guiding Principles**

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The residency program aims to support resident choice and opportunities for career exploration during PLEX (personalized learning experience) time.

Please note that PLEX time, if available, can be used for *informal remediation* of core rotations as determined by the Program Director and/or Resident Assessment and Support Subcommittee (RASC).

In order to support a cohesive learning and clinical experience, residents should design PLEX blocks as follows:

1. A single “core” PLEX rotation at which residents spend no fewer than 3 days per week.
2. Psychotherapy training – up to 4-6 hours per week can be integrated into the core PLEX rotation. A PLEX form *does not* need to be completed for the psychotherapy; however, the supervisor for the core PLEX rotation must be informed of dates and times for psychotherapy in order to plan other clinical activities/supervision around psychotherapy training.
3. Residents may also add a half-day of another rotation per PLEX block to their “core” PLEX rotation as needed to support their learning or any other residency program requirements.

For example, a resident’s PLEX month could be as follows:

Core PLEX rotation (e.g. outpatient psychiatry)

Half-day – psychotherapy (e.g. DBT group + supervision, psychodynamic or short-term modality case)

Half-day clinic (e.g. neurostimulation)

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