



## PGY4/COD Personalized Learning Experience (PLEX) Guidelines General Psychiatry Residency Program

---

### Purpose

The residency program aims to support greater resident autonomy and opportunities for career exploration during PLEX (personalized learning experience) time in the more advanced stages of training.

Please note: PLEX time can be used for *informal remediation* of core rotations/required training experiences or to support residents' return to work who take leaves of absences and are off-cycle as determined by the Program Director and/or Resident Assessment and Support Subcommittee (RASC).

### Principles

To facilitate a cohesive learning and clinical experience, PLEX blocks should include the following:

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 to plan other clinical activities/supervision around psychotherapy training. Please note: Residents can request a half-day for psychotherapy (e.g. for a specific psychotherapy elective that requires a half-day for patient care and supervision) as a part of principle 3 below. Residents could also have a half-day to complete all psychotherapy requirements (patient care + supervision). However, in most cases, residents are unable to book psychotherapy supervision and patient care within the same half-day – as such, these experiences should be integrated into the regular work week.
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 experience

Examples of half-days include:

- psychotherapy (e.g. DBT group + supervision from 1-5 pm or 2-6 pm)
- half-day clinic (e.g. neurostimulation)

**Prepared by:** Program Director with Psychiatry Residency Program Committee (PRPC)

**Reviewed at PRPC:** January 13, 2025

**Date of next scheduled review:** 2028-29