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)

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