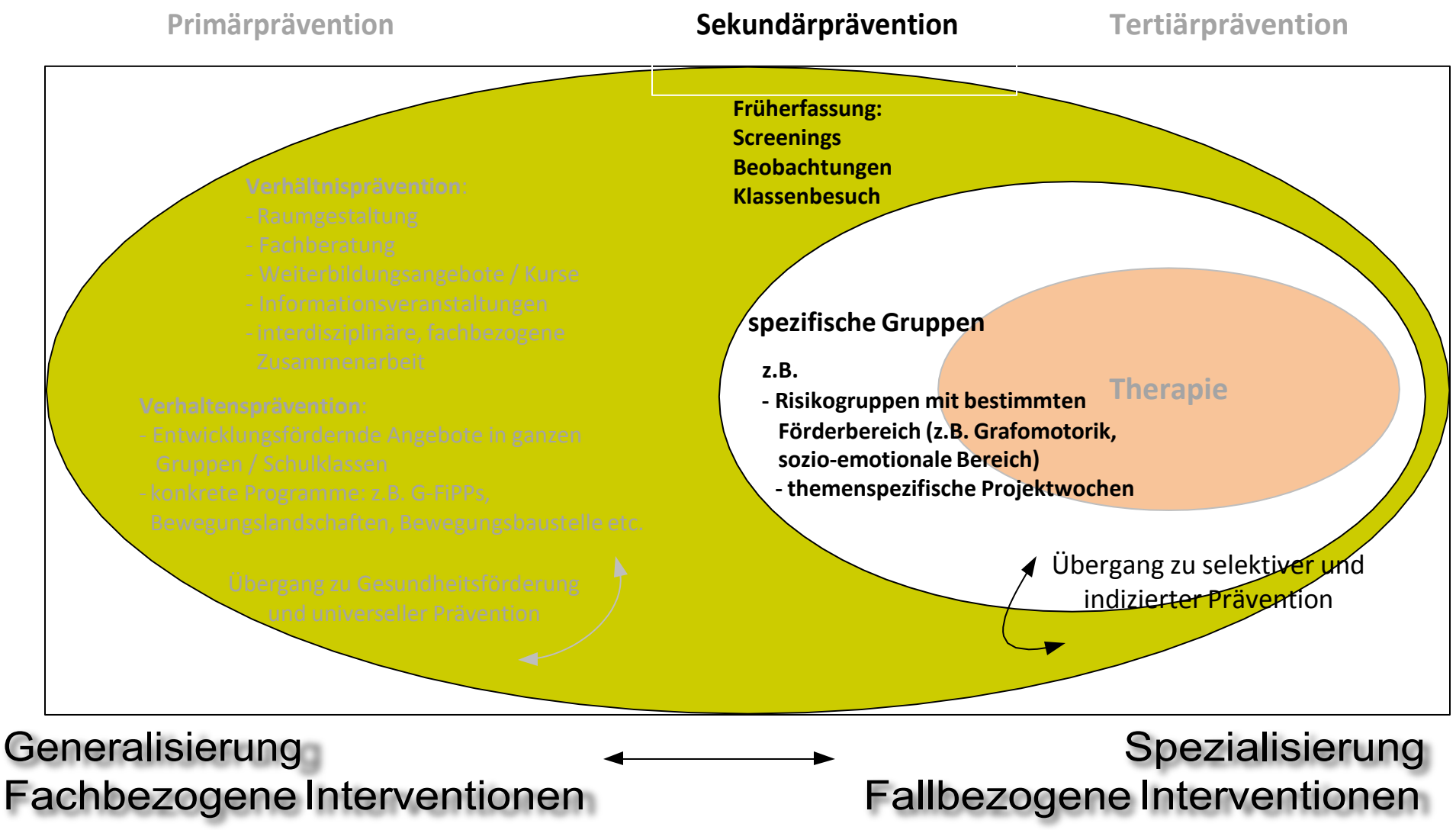Strategien der Prävention in der Psychomotoriktherapie