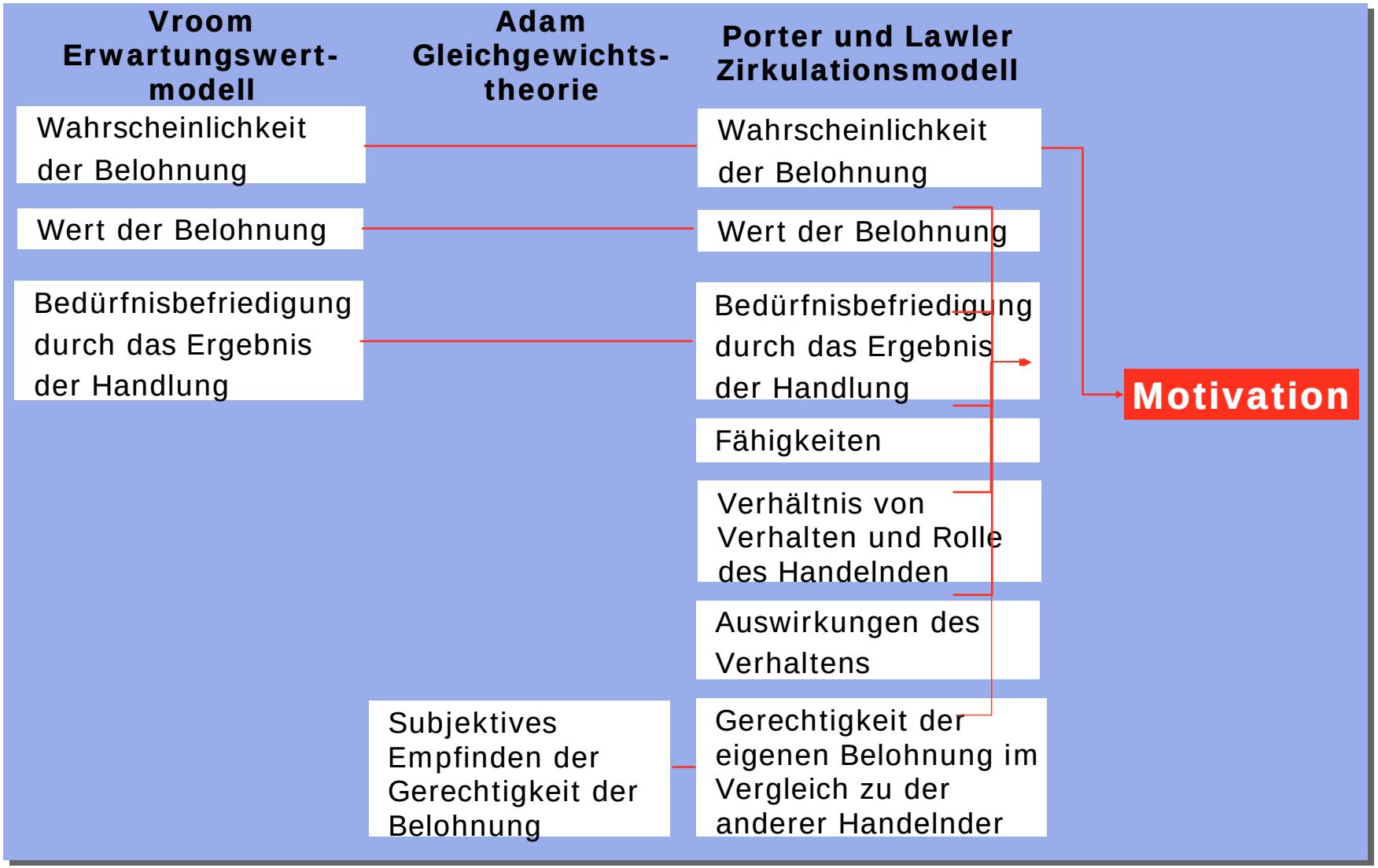Prozesstheorien