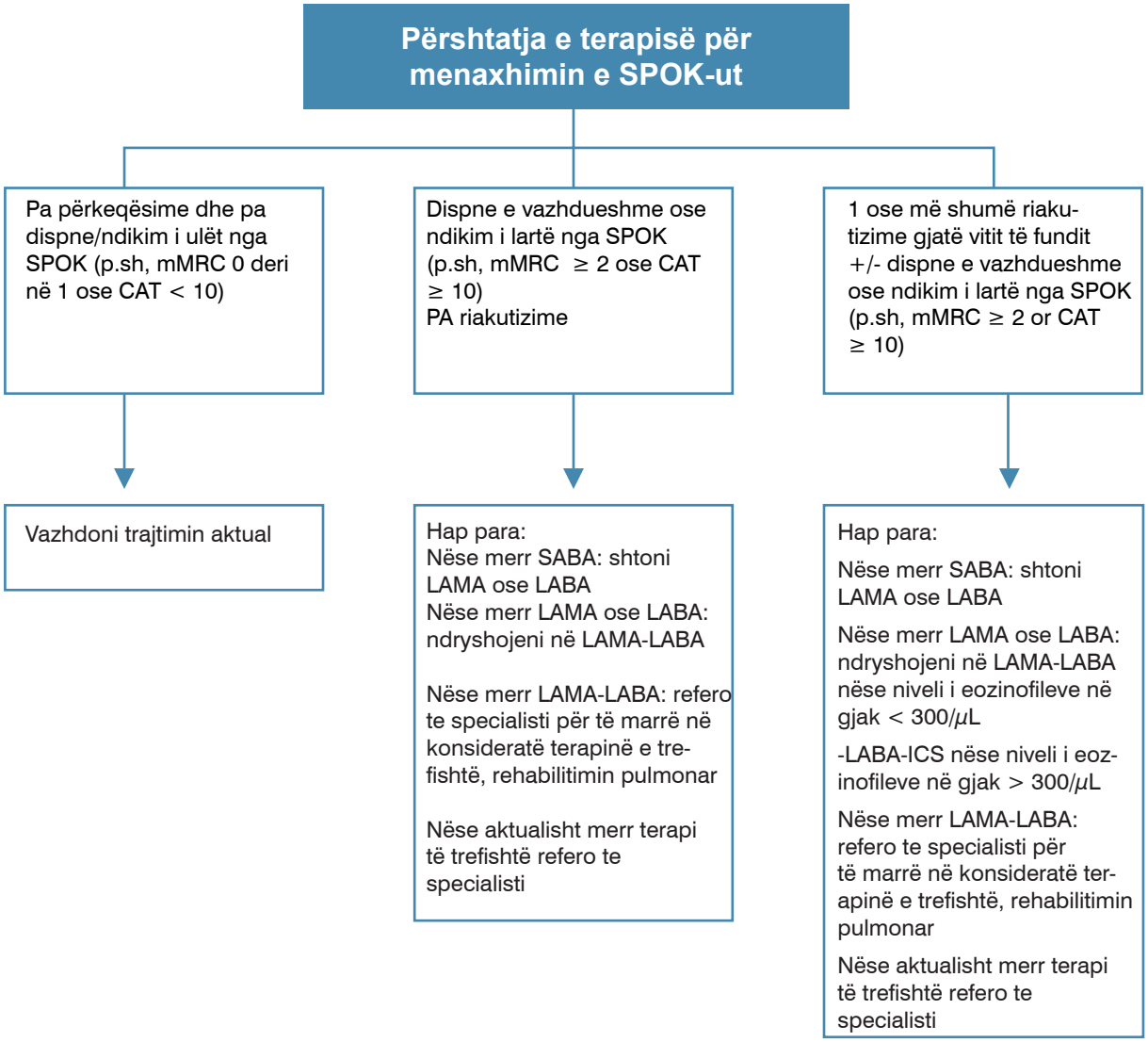Përshtatja e terapisë për menaxhimin e SPOK-ut