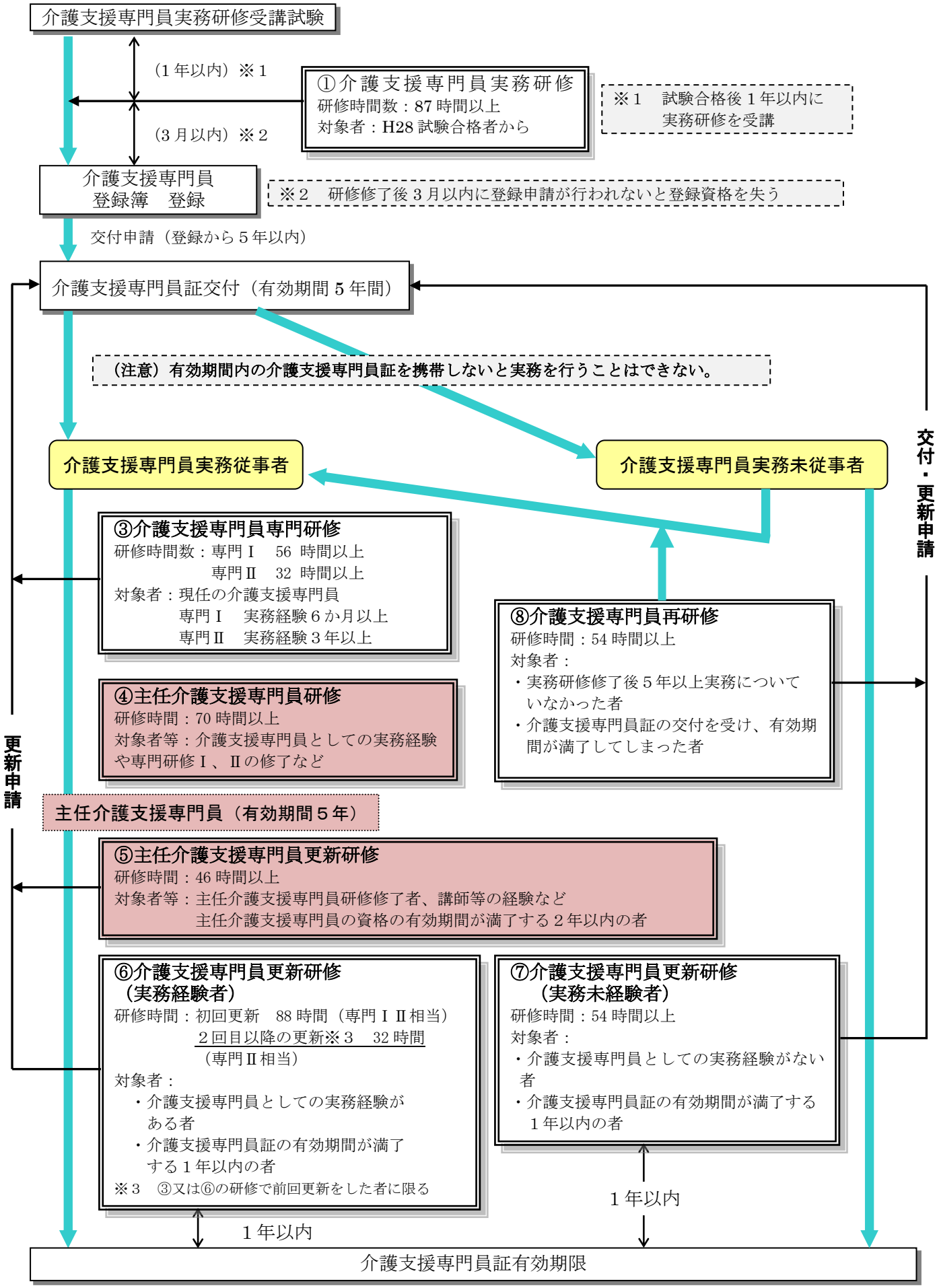介護支援専門員研修体系