

Nicolas G. Papanastasopoulos

Assistant Professor of International Politics with emphasis on crisis management

Department of Political Science, Democritus University of Thrace

US State Department Alumnus

Nicolas Papanastasopoulos is an Assistant Professor of International Politics with emphasis on crisis management in the Department of Political Science at Democritus University of Thrace (Greece).

He studied Political Philosophy – Science, Public Law and Administration, International and European Studies and Political History.

He completed his studies with a doctorate in Crisis Management in Foreign Policy (University of Athens, 2011). He has taught at the University of Thessaly, at the Hellenic National Defence College and at the University of Athens and Panteion University.

He is also State Department Alumnus (2019) specializing in US foreign policy.

Publications (in English):

- Papanastasopoulos N., (2021), Deterrence theory and strategy in the international system from the Cold War to the multipolar era. Towards a new strategy of 'extended deterrence' in Greek-Turkish relations, Portuguese Journal of Political Science, Revista Portuguesa de PoliticaCiência, 2021, Numero 15, p. 109-126, http://www.rpcp.pt/index.php/rpcp
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- Papanastasopoulos N., (2023), The Art of Crisis Management in International Politics and Strategy: Theory and Practice, Nova Science Publishers, www.novapublishers.com